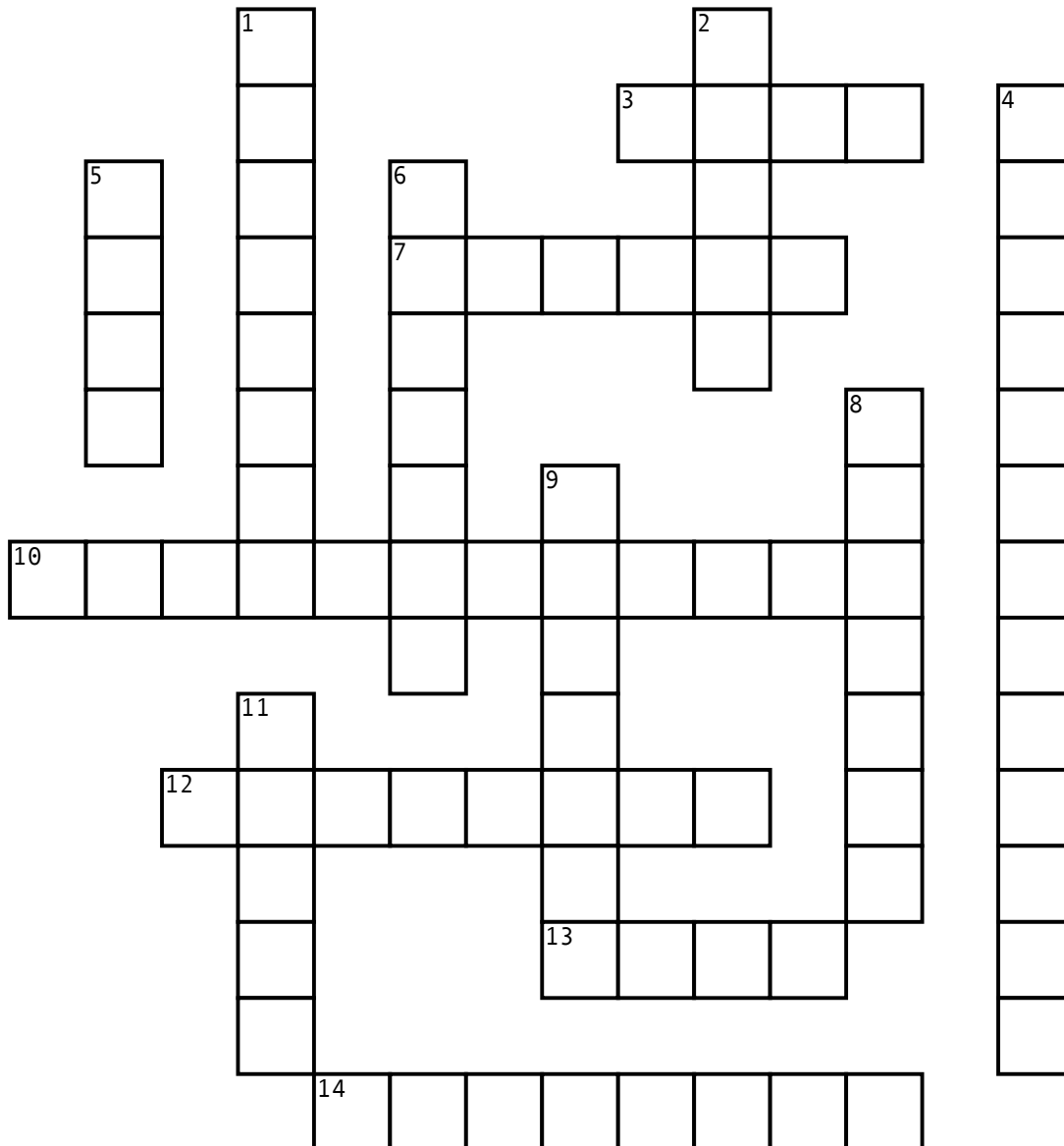


Name: \_\_\_\_\_

# Food and Nutrition



## Across

- 3.** carbohydrates that are not used up are immediately stored as ...  
**7.** ...contain vitamins  
**10.** difficulty in passing out stool  
**12.** keep the body healthy

**13.** ...contain proteins

**14.** needed for growth and repair

## Down

- 1.** control certain processes in the body  
**2.** helps to transport nutrients to cells  
**4.** source of energy

**5.** ... contain fats

**6.** this energy value in food is measured in ...

**8.** ...contain only carbohydrates

**9.** milk contain ...

**11.** producing soft feces