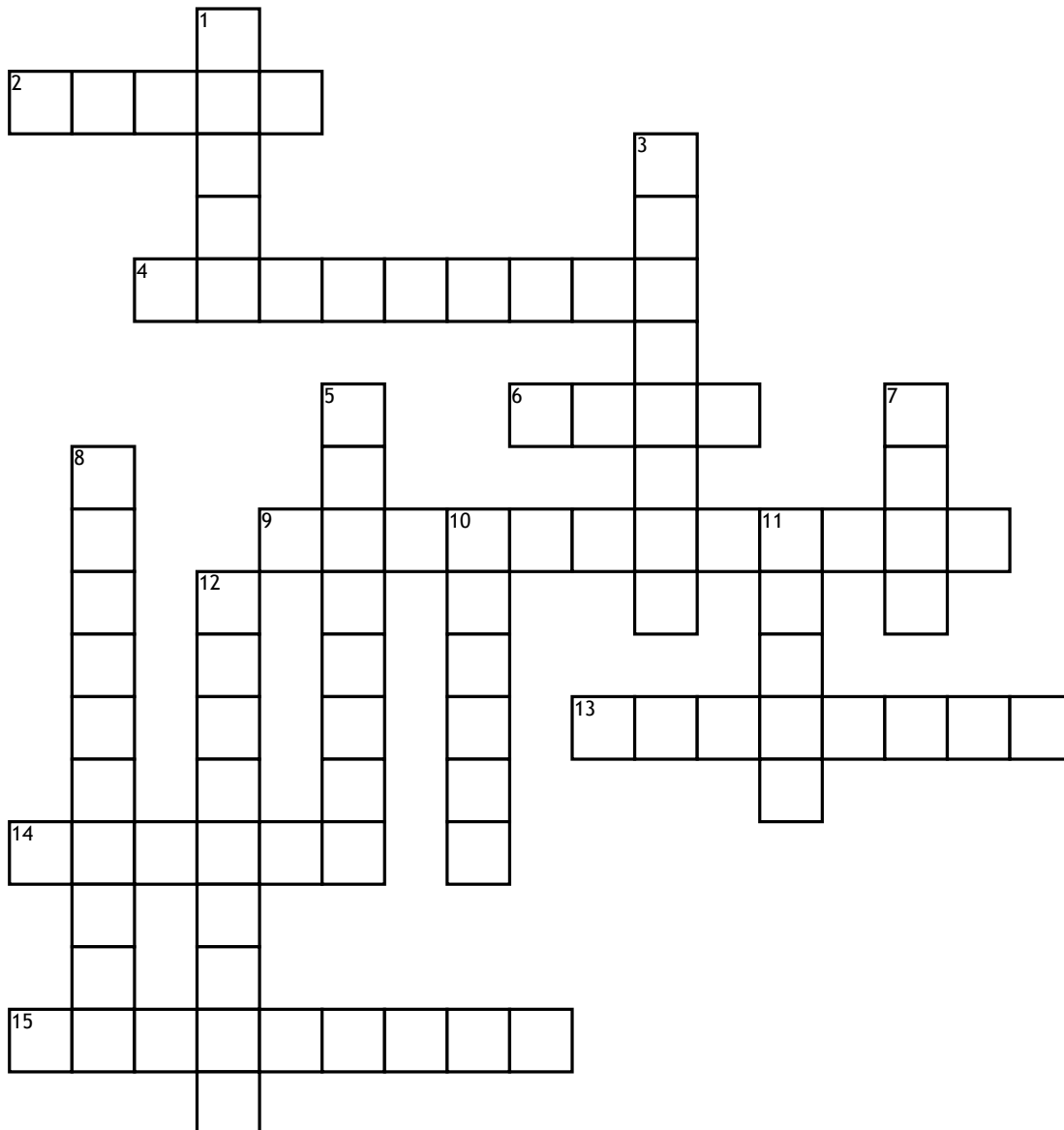


Name: _____

Date: _____

Health



Across

2. Proteins are a big part of hair, skin, and _____

4. Required for body function

6. This provides vitamins e and b, nourishment, and antioxidants

9. What can be made by the body from the essential acids or can be consumed through food

13. Copper, iron, and zinc are examples of _____

14. Proteins can be found in beans, eggs, meat & _____

15. Provides carbohydrates, energy, and protein

Down

1. Proteins help the body build and repair _____

3. Each gram of protein equals 4 _____

5. What is made of amino acids that are linked together to form a long chain

7. A _____ protects the seeds and provides fiber

8. Brown rice, buckwheat, bulgar, oatmeal, etc are examples of _____

10. Calories equal _____

11. A whole kernel is made up of _____ parts

12. The study of nutrients in food