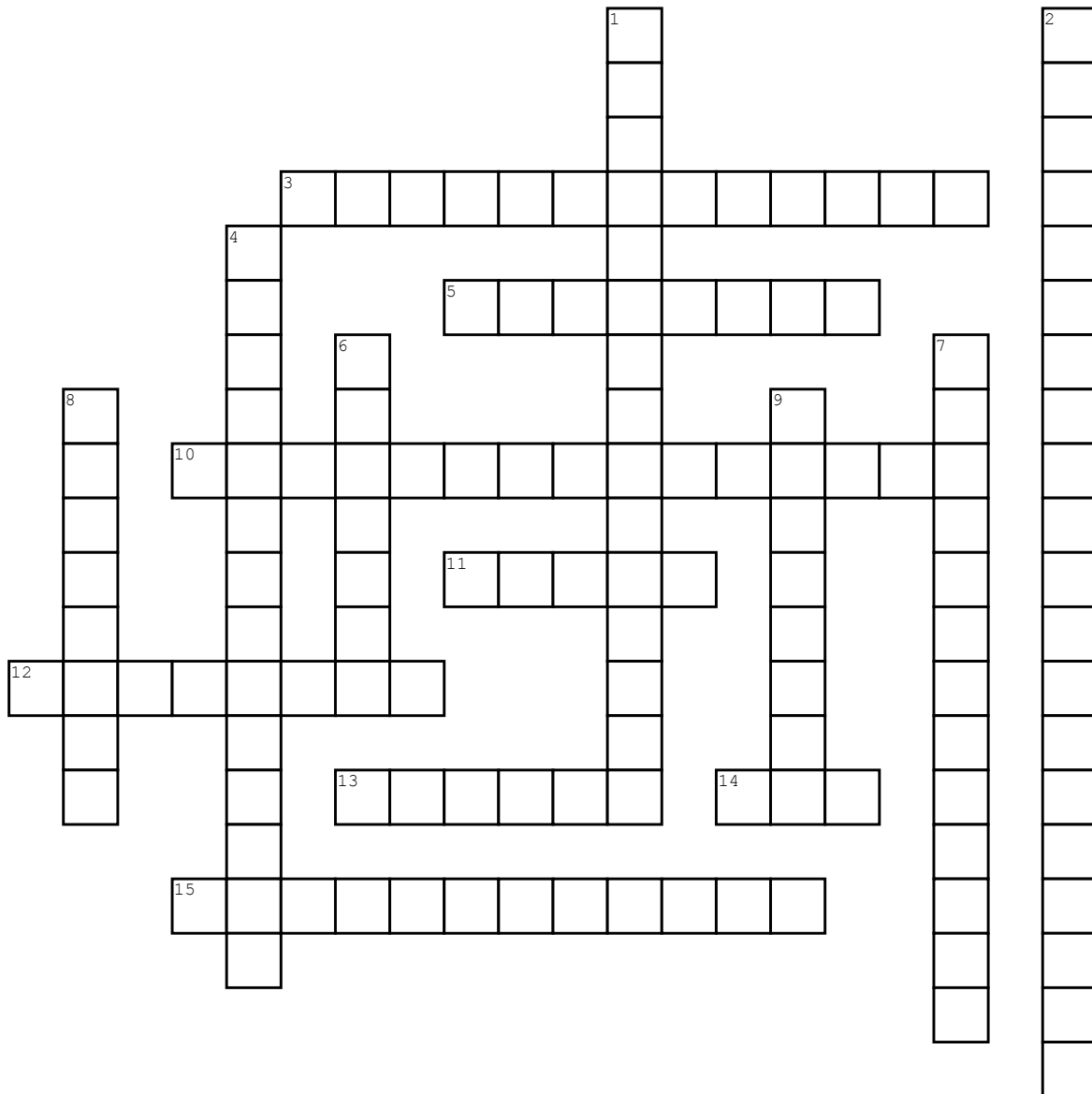


Macro and Micronutrients



Across

- 3. What is comprised of small chains of sugar?
- 5. A Vitamin helps your body use calcium and phosphorus to building healthy Bones
- 10. Simple sugars consist of a single unit.
- 11. Found in the cell walls of plants.
- 12. Found in many plants

- 13. Apart of fats, oils and related compounds.
 - 14. What is essential for a healthy diet?
 - 15. Work together to maintain the body's fluid balance
- Down**
- 1. Complex chains of three to several thousand simple sugars.
 - 2. Found in the watery parts of food and body tissue.

- 4. Gives plants their color.
- 6. What is essential for repairing and regenerating body tissues and cells?
- 7. Consist of molecules of two simple sugars linked together.
- 8. A vitamin that works as a antioxidant.
- 9. Helps protect you from infections.