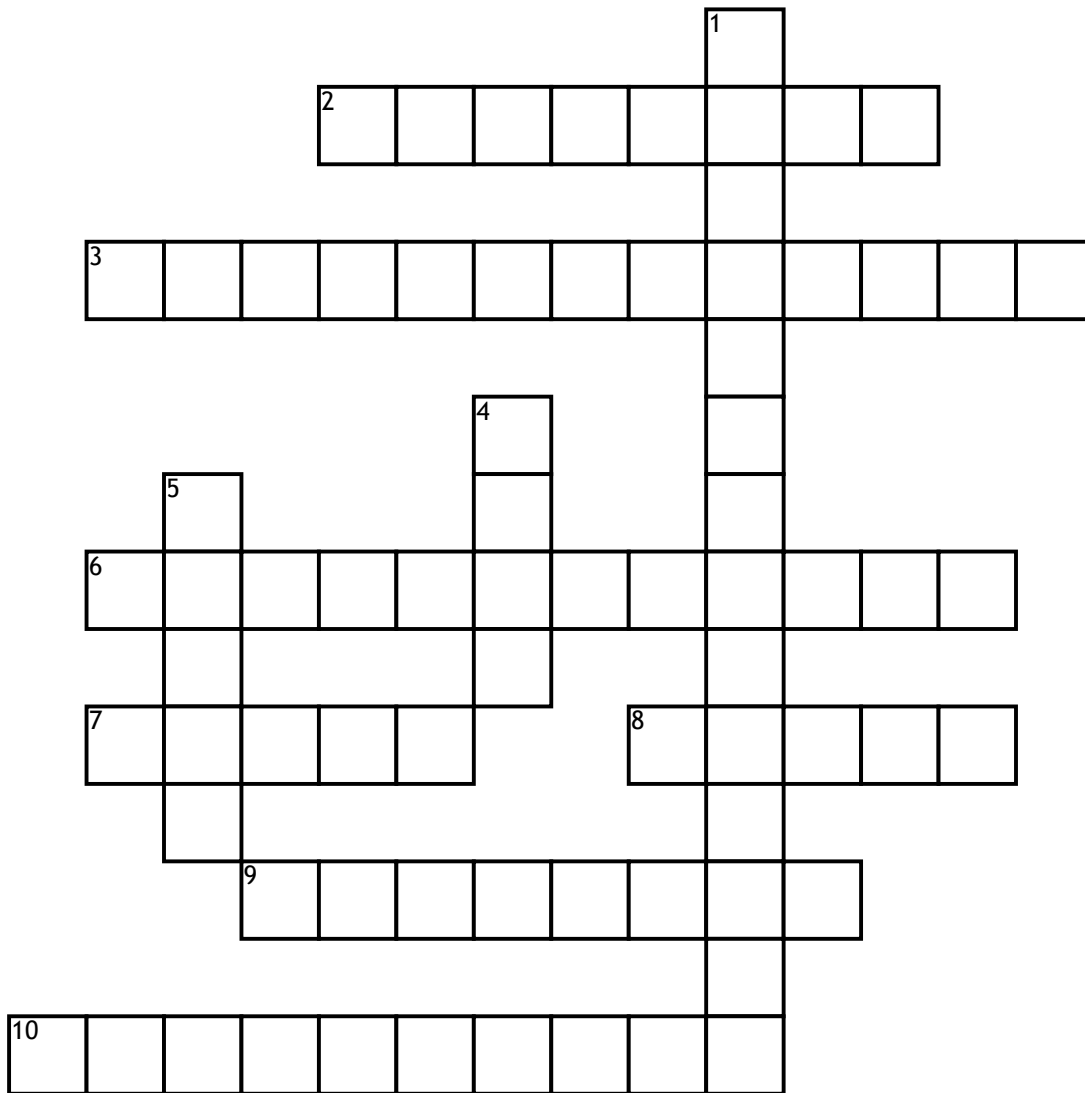


NUTRITION CROSSWORD



Across

- 2. helps transmit nerve signals
- 3. nutrients made of carbon and hydrogen; sources of energy for your body
- 6. eating too little, eating too few nutrients, or not absorbing nutrients well can lead to
- 7. provides vitamins, minerals dietary fibre and many phytonutrients (nutrients naturally present in plants), that help your body stay healthy
- 8. this nutrients is found in the cell walls of plants, in outer layer of while grains, and in the skin of fruits and vegetables

- 9. nutrients necessary for growth and repair of cells, as well as other functions
- 10. chains of carbon and hydrogen atoms that are part of all fats and oils

Down

- 1. vitamins, minerals, phytochemicals are needed in small quantities in the body are called
- 4. nutrients used for energy, nerve function, and other functions.
- 5. the food in this are excellent sources of calcium