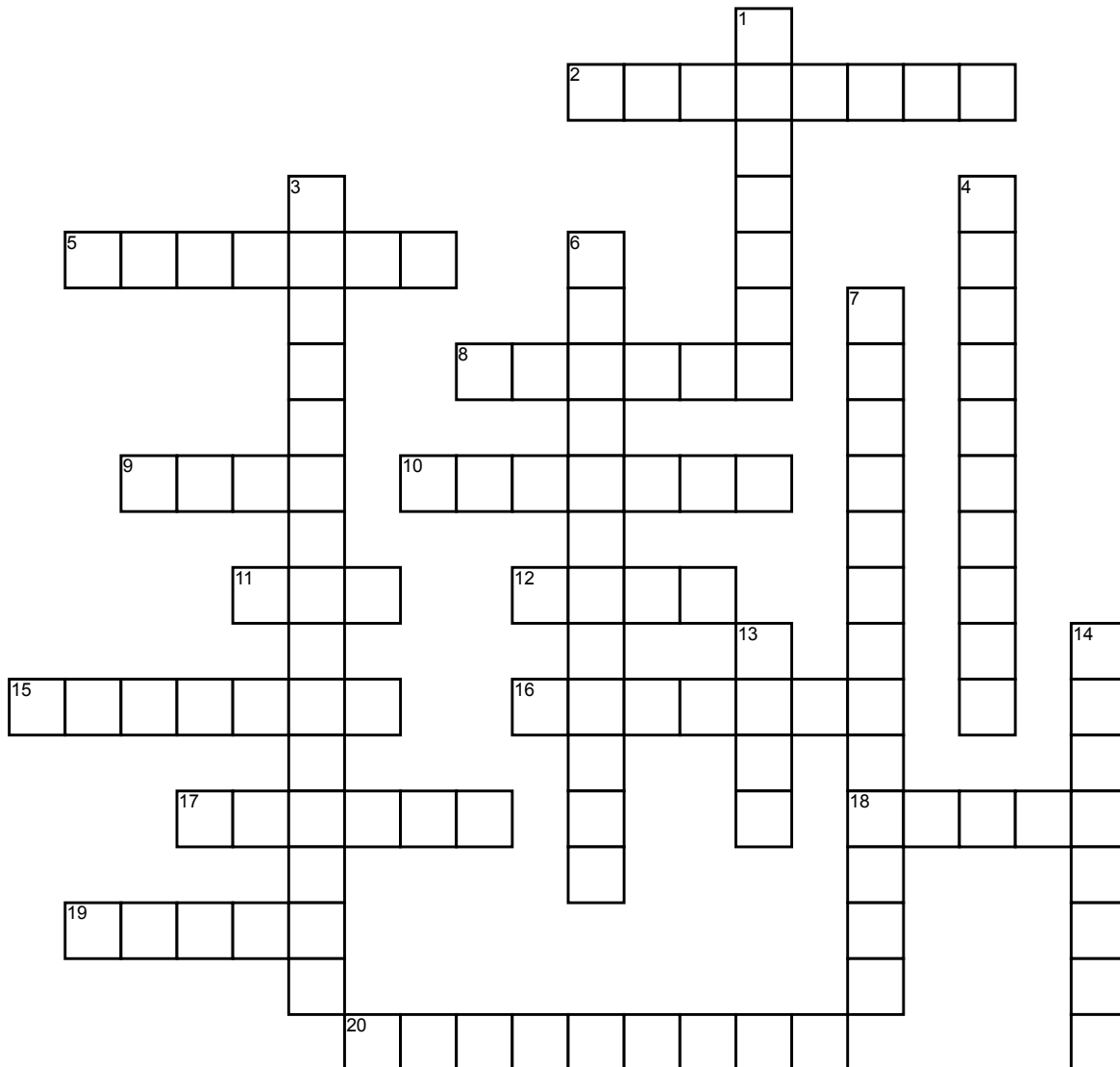


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrient Crosswords



## Across

- 2.** One of the harmful fats  
**5.** Example of simple sugar  
**8.** Form of rice, paste, and bread products  
**9.** That promotes healthy and normal cell growth  
**10.** Nutrient group containing meat, eggs and beans  
**11.** The body uses \_\_\_\_\_ as fuel  
**12.** Your bones gets strong when drinking this  
**15.** Milk contains this mineral to make bones strong

**16.** One of the animal sources of protein are

**17.** the main sources of carbohydrates is

**18.** Type of acid that makes up proteins

**19.** Complex carbohydrates are broken down into two

**20.** This is one type of bad fat start with S

## Down

**1.** Proteins that are essential for breaking down foods chemically

**3.** one type of unsaturated fat start with M

**4.** This is one of 2 types of proteins

**6.** By eating too much fat, you can get this

**7.** These are great sources of energy in rice and sweet potato ?

**13.** Complex carbohydrates are \_\_\_\_\_ for your health

**14.** What is a unit of energy that measures how much energy food provides to the body