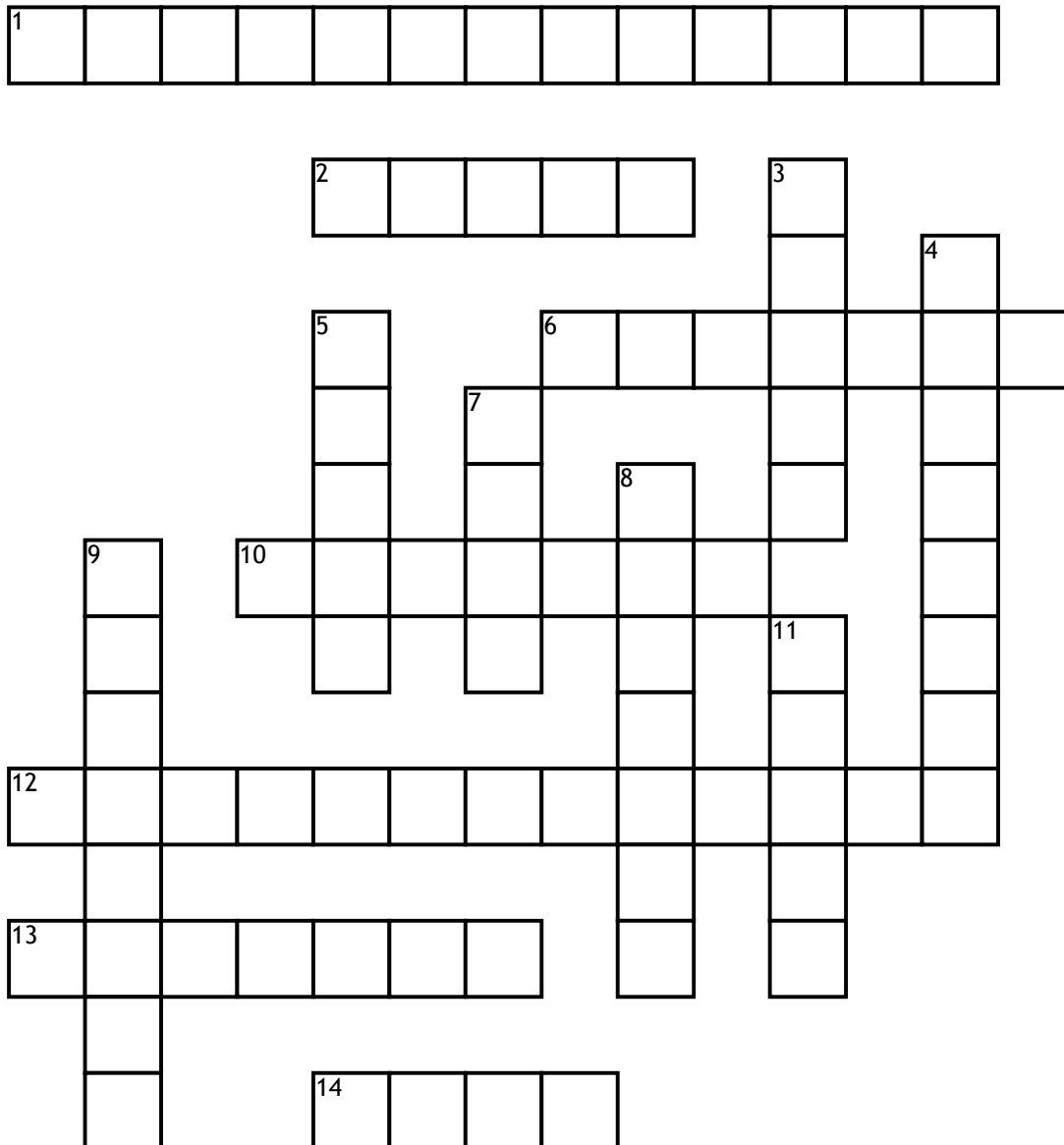


Name: _____

Date: _____

Nutrients



Across

1. there are two forms of _____?

2. essential in your diet?

6. what is the main nutrient of eggs?

10. over 10% of the human body is made out of _____?

12. _____ provides most of your energy?

13. calcium is a _____ that makes your bones and teeth strong?

14. too much _____ may contribute to heart disease?

Down

3. 6-8 glasses per day

4. oranges have _____ in them?

5. help prevent serious diseases

7. _____ gives you some energy?

8. iron is a _____?

9. you need small amounts of 40 different _____?

11. 65-75% of your body?