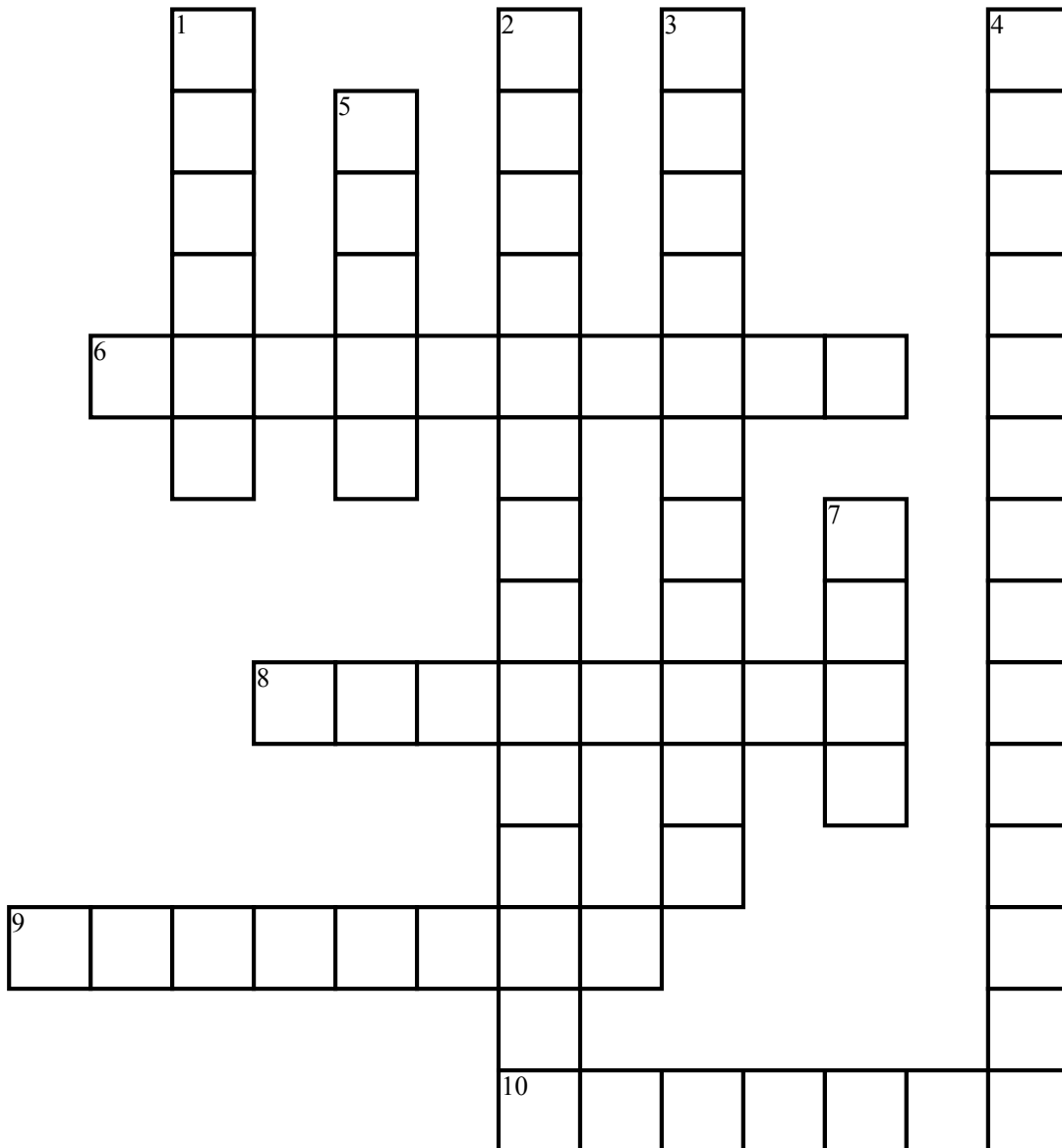


Name: _____

Date: _____

Nutrients



Across

- 6. The process your body uses to get or make energy
- 8. Physical activity that is planned and structured
- 9. Chemical compounds in food
- 10. Table salt is made up of the element _____ and chlorine

Down

- 1. Is a protein found in wheat, rye and barley
- 2. Any nutrient that the body needs relatively large amounts of
- 3. I standard amount of food such as cup or an ounce
- 4. BMI
- 5. Can be found naturally in fruits
- 7. Any type of eating plan