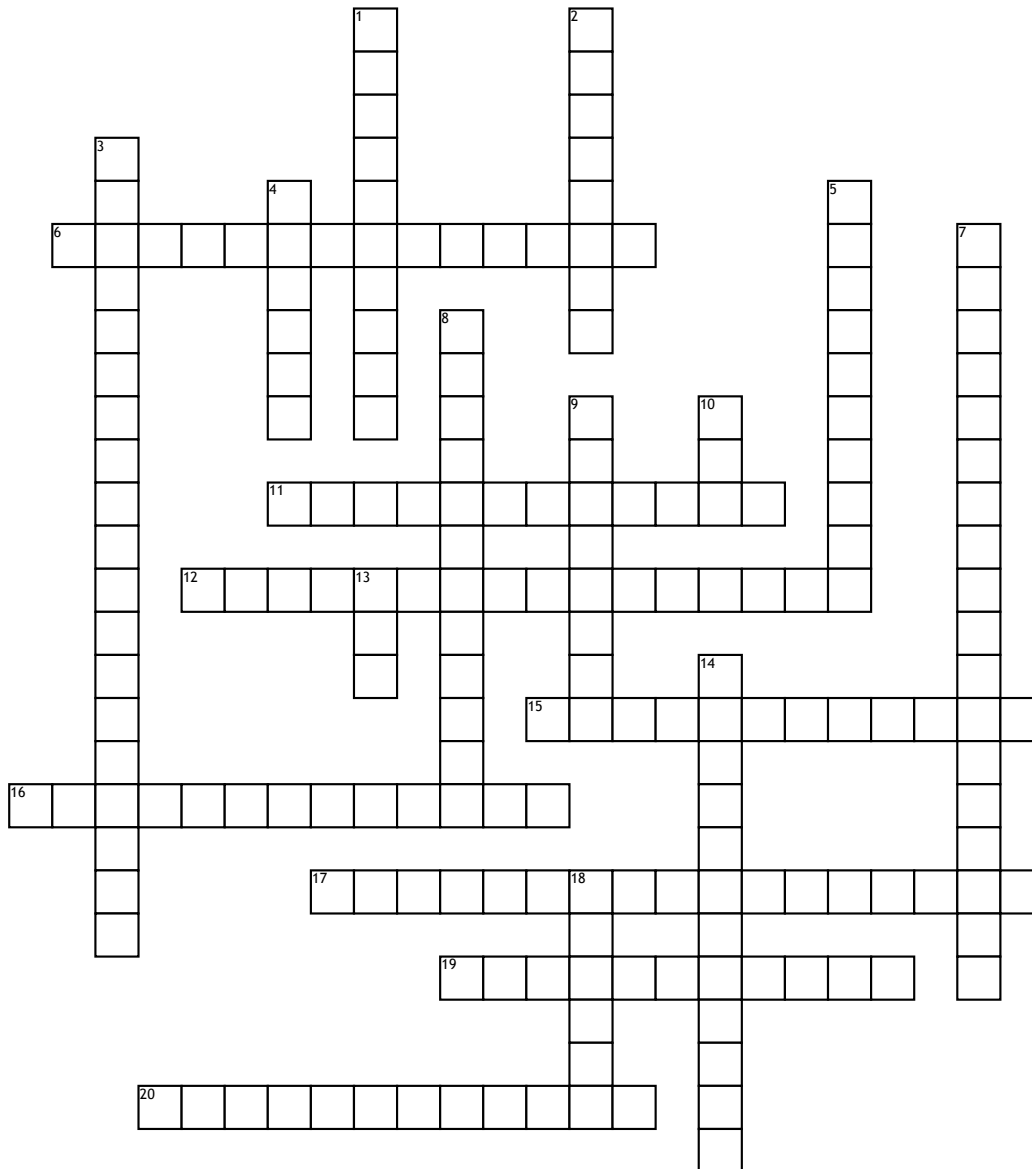


Name: _____

Date: _____

Nutrients Crossword



Across

- 6. good fat
- 11. dissolve in body's water
- 12. contains all 9 amino acids
- 15. lack of calcium
- 16. simple and complex
- 17. missing 1 or more amino acids
- 19. sugar

20. muscle, organs, skin, hair, fluids, etc.

Down

- 1. you need 21 of these, your produces 11
- 2. substances from the environment that the body can not make
- 3. to cope with emotions
- 4. when your body needs food

- 5. gives nutrients on the food
- 7. absorbed and stored in the fat
- 8. bad fat
- 9. unit of heat
- 10. good cholesterol
- 13. bad cholesterol
- 14. starches
- 18. another name for fats