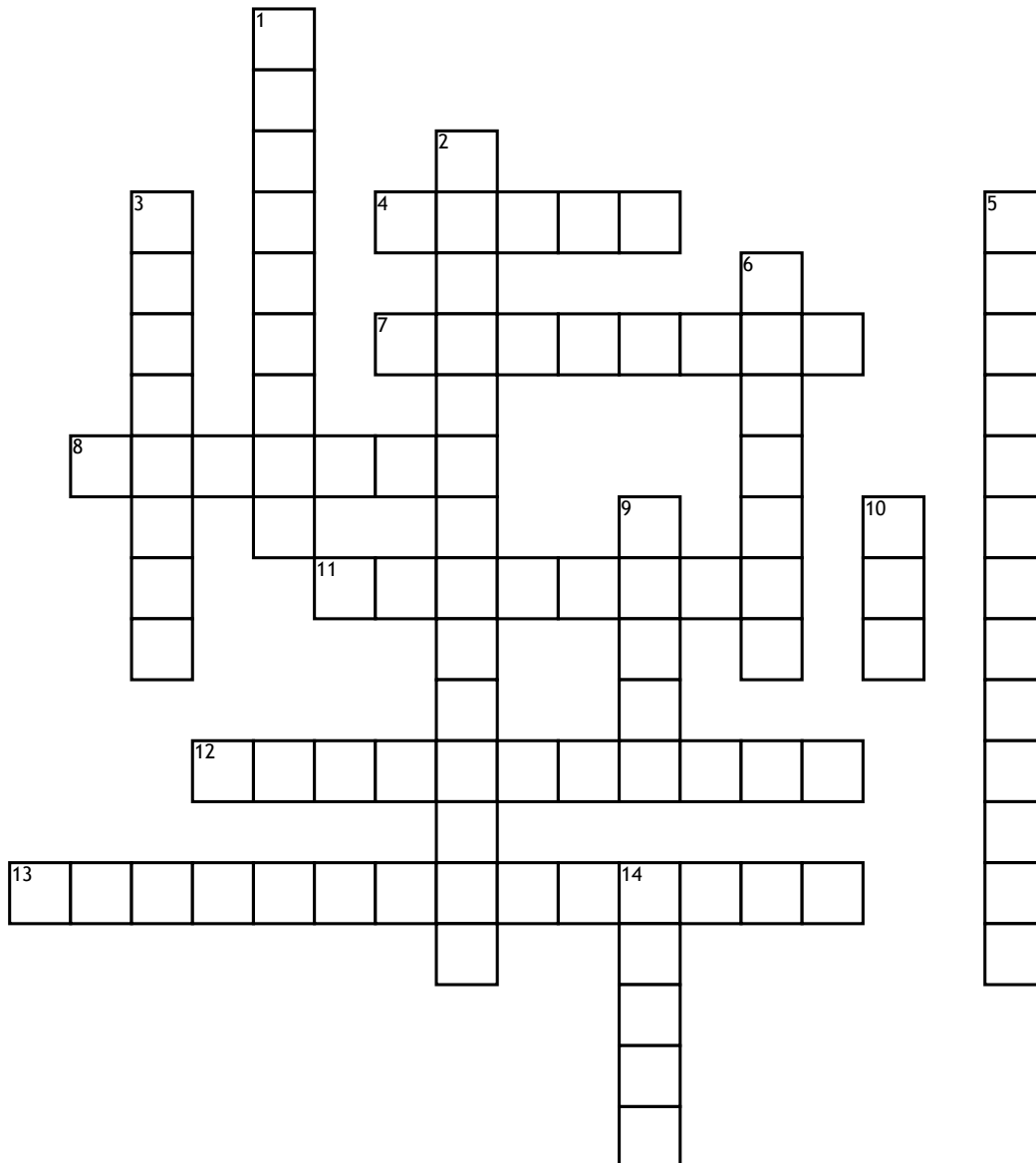


Name: _____

Date: _____

Nutrients



Across

4. The human body is made up of 60% of what?

7. Green, tree-shaped vegetable that is high in nutrients

8. What does your body need that helps it grow and repair cells?

11. These help the body grow, see properly, and battle infections

12. A high content of this in the blood can increase the risk of heart disease

13. Nutrients the body needs in small amounts

Down

1. Provides nourishment for ones body and is a component of food

2. Nutrients the body needs in large amounts

3. What is energy measured in?

5. Carbon and hydrogen sources of energy

6. What contains energy for most functions in the body?

9. What cannot be digested and is not a source of energy?

10. What provides the body with energy and nerve function?

14. How many cups of water is the recommendation to drink per day?