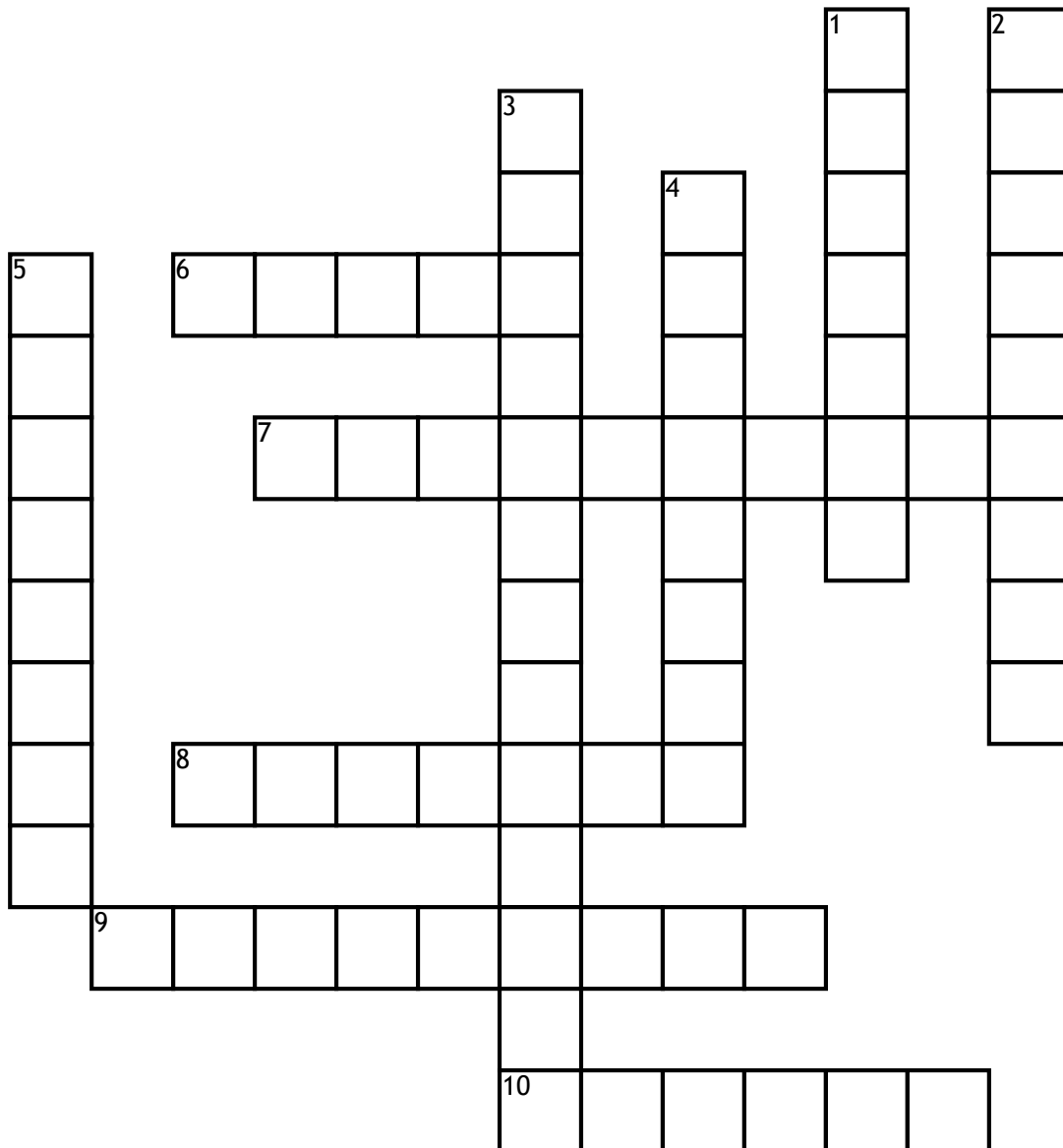


Nutrients your body needs



Across

- 6. tough, stringy part of raw fruits and vegetables that help the digestive system
- 7. this type of protein mainly comes from plants
- 8. a unit of heat that measures the energy available in food
- 9. is the study of nutrients and how the body uses them
- 10. milk and fruit are an example of this type of carbohydrate.

Down

- 1. bread, pasta and rice are examples of this type of carbohydrates.
- 2. substances in food that your body needs to function.
- 3. the starches and sugars found in foods, especially in plant foods.
- 4. this type of protein mainly comes from animals
- 5. are the nutrients used to build and repair cells