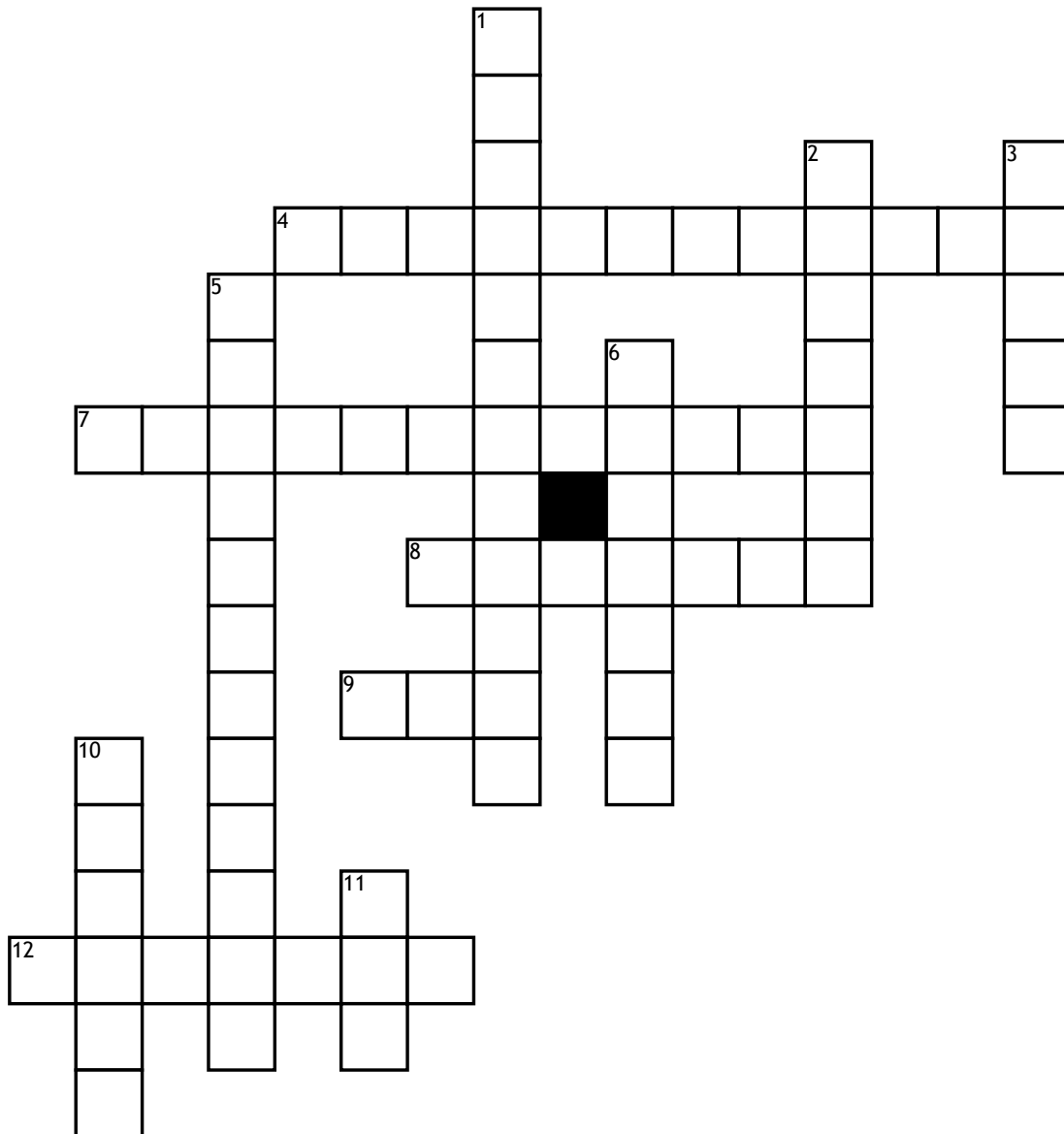


Nutrients



Across

4. Which nutrient provides the body with energy for muscles?
7. Which of the three nutrients we looked in depth today is not in cheese?
8. Insects are high in?
9. This nutrient makes food taste nicer

12. What nutrient is found in meat?

Down

1. If too much of this nutrient is eaten and not used it will be stored as fat by the body
2. Beans are a good source of this nutrient
3. How many main nutrients are there?

5. What is the main nutrient of wheat and rice?

6. Which nutrient is responsible for growth and repair?
10. Fats and oils provide the most....
11. What nutrient is liquid at room temperature?