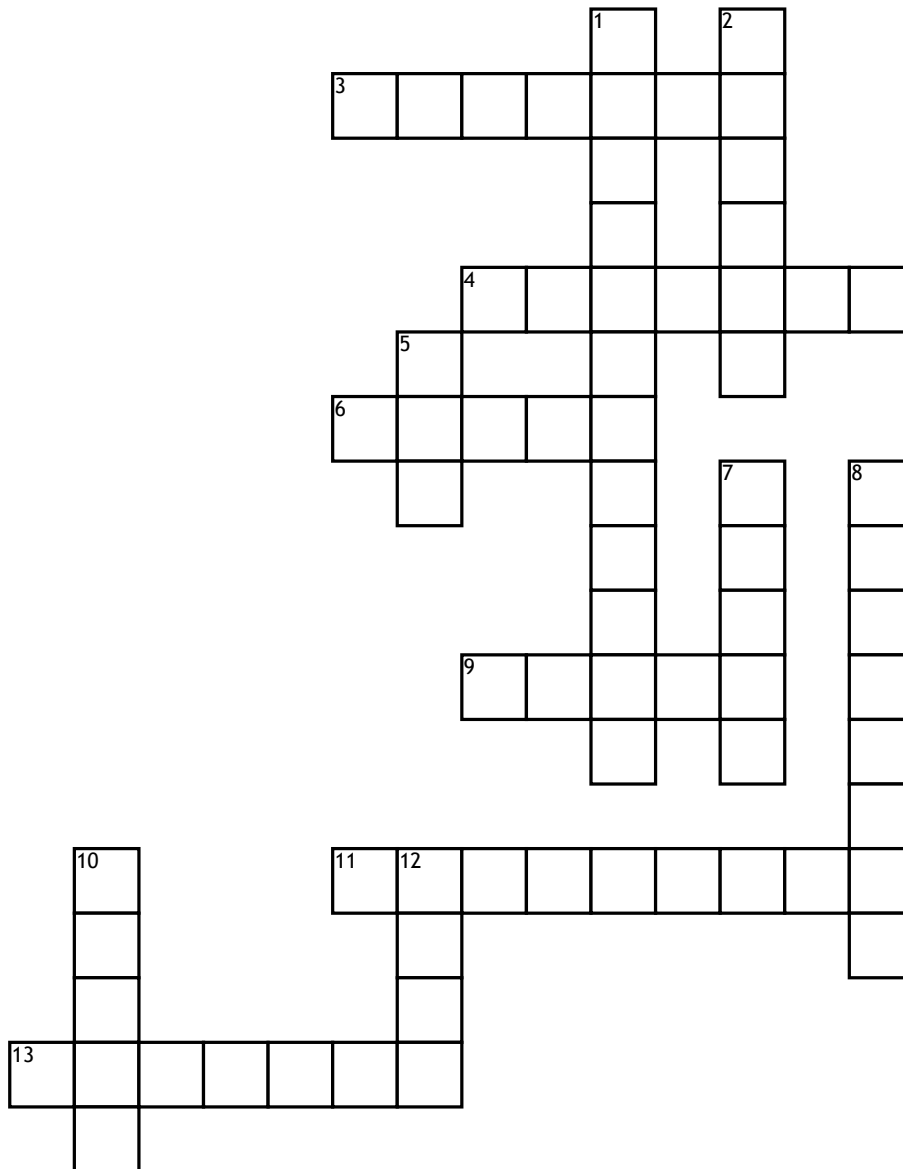


Nutrition



Across

3. Part of the digestive system where food is broken down
 4. Nutrient for building and repairing muscle tissue
 6. Calcium can be found in foods
 9. Shakir should drink ... instead of coke to hydrate

11. modern word used for energy instead of calories

13. Important nutrient for fighting disease

Down

1. Starchy or sugary nutrient for energy

2. Food should be before it is swallowed

5. The nutrient which is the highest calorie dense

7. can be soluble or insoluble

8. People should eat a diet

10. Fatty or oily nutrient

12. Having a deficiency is bad for your blood