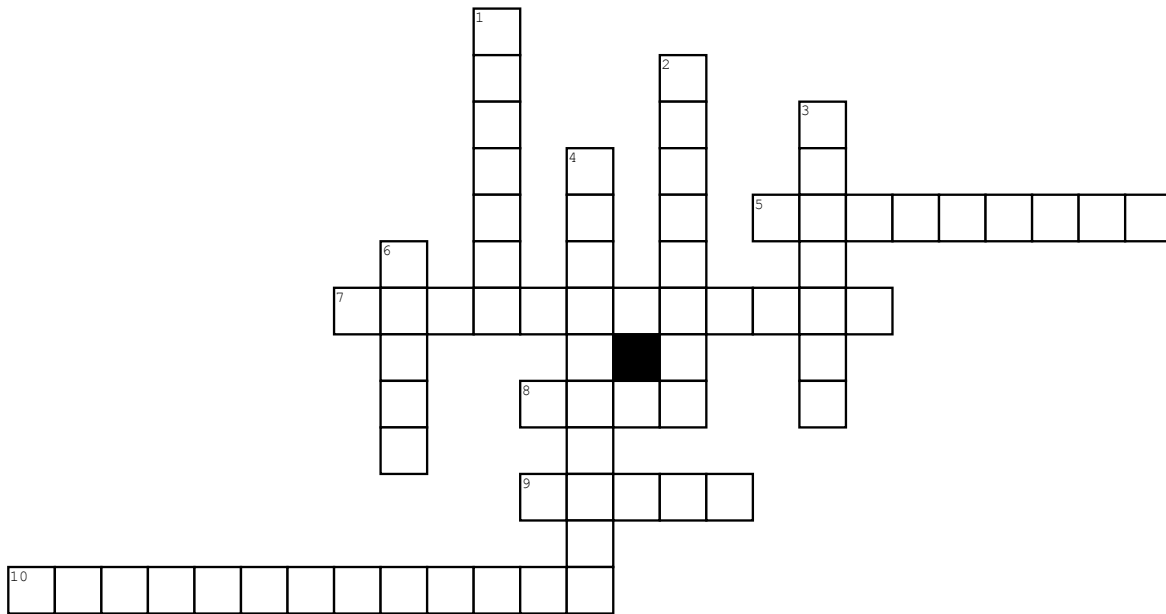


Nutrition Crossword



Across

- 5. A chemical we need to grow and live
- 7. _____ is a condition in which a person's diet doesn't meet the minimum daily requirements for nutrients
- 8. _____ are found in oil and butter
- 9. _____ is found in the cell of plants, in the outer layer of whole grains, and in the skin of fruits and vegetables
- 10. A macronutrient found in grains, vegetables and fruit

Down

- 1. It's found in meat, chicken, peanut butter and beans
- 2. _____ help the cells in your body do their work, and help you extract energy from the food you eat
- 3. the simple sugar that our bodies use for energy
- 4. chains of carbon and hydrogen atoms that are part of all fats and oils
- 6. A drink that has no calories