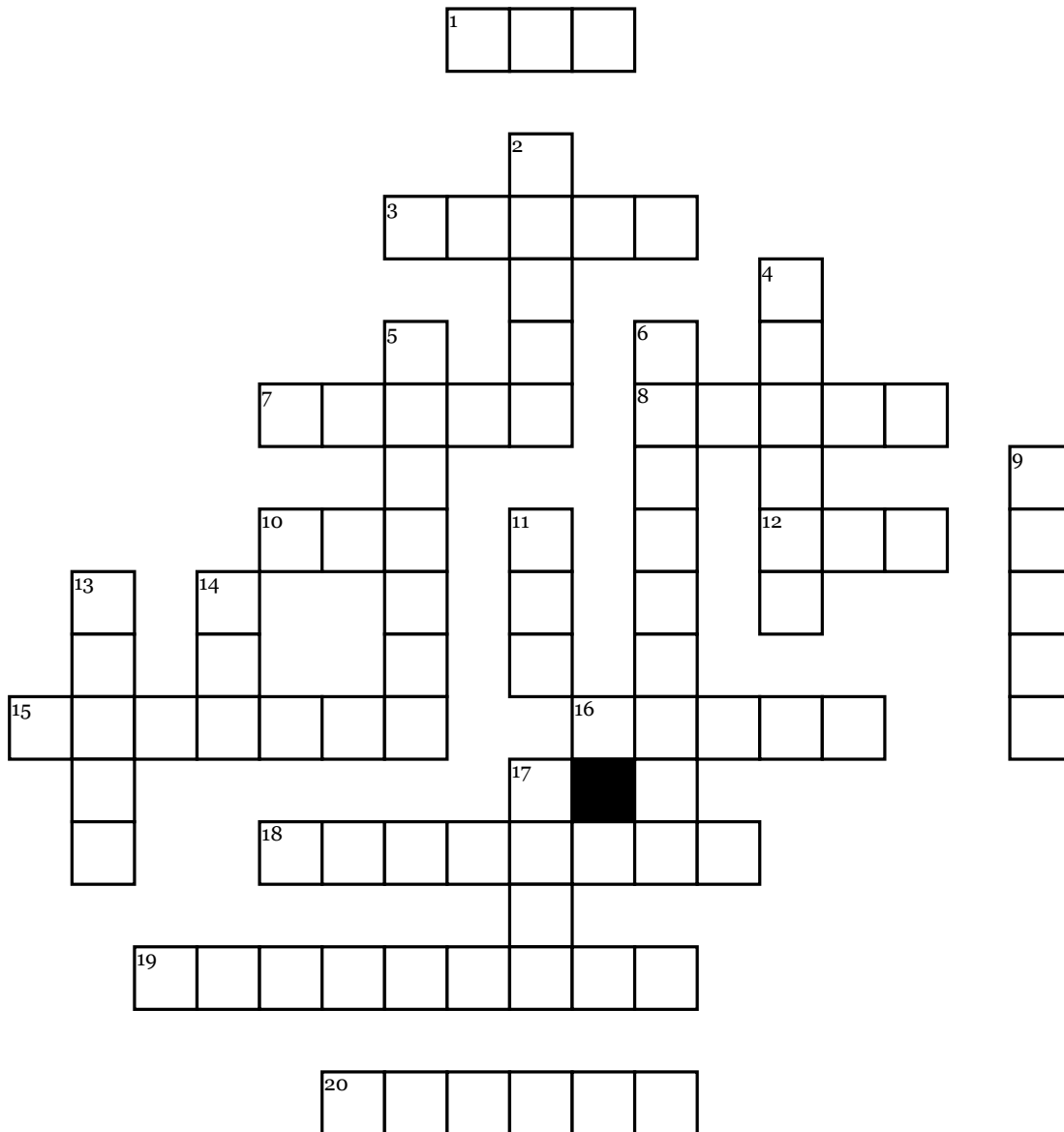


macro nutrients



Across

- 1. there is _ g of protein in one egg
- 3. worst kind of fat
- 7. there is fat, protein, and _____
- 8. you need two oxygens, and one hydrogen to make this
- 10. olive oil is _____.
- 12. it is round, white and it has protein
- 15. we can only go 70 days without _____.

- 16. men require more protein than _____.
- 18. this chemical is needed to make water
- 19. macro _____.
- 20. this gas is required for making water

Down

- 2. protein s _____.
- 4. used to butter toast, and its a fat

- 5. meat is high in _____.
- 6. you can go without water for _____ days.
- 9. humans are made up of ___% of water
- 11. fat that is liquid
- 13. there are 3._ g of fat in one slice of bacon
- 14. you can die from consuming to much _____.
- 17. it is yellow, long and its a carb