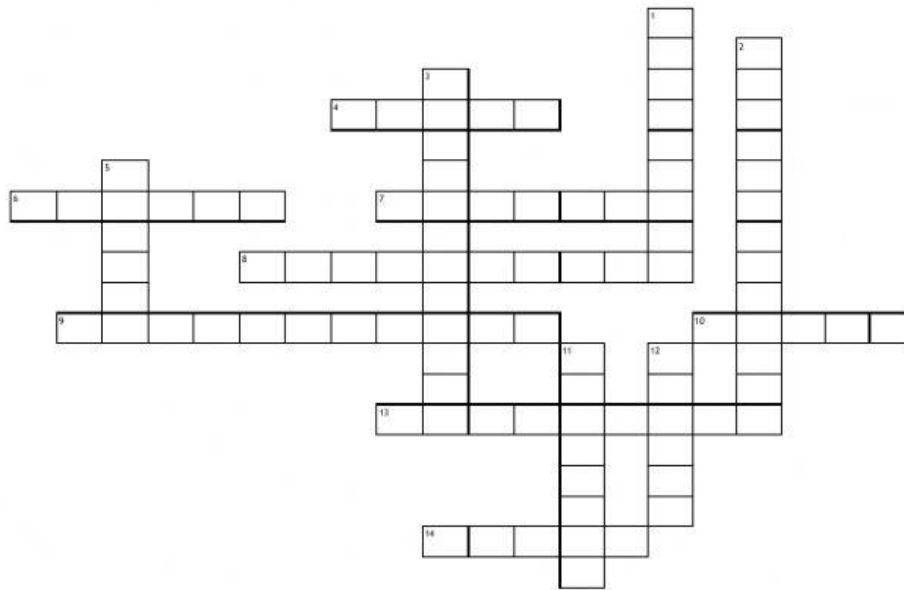


Name: _____

Date: _____

Nutrients Review



Across

4. Drink 8 _____ of water each day
6. Excellent plant source of fat
7. Builds, maintains, replaces tissue
8. The building block of proteins
9. Water helps with regulates body _____
10. "Forgotten nutrient"
13. Water is necessary for chemical _____
14. Good source of fibre

Down

1. Help us survive and grow
2. Made up of sugars
3. Vitamin C and B vitamins are _____
5. White sugar is a _____ carb
11. A, D, E, K are fat-soluble _____
12. Fat-soluble vitamins are _____ in the body