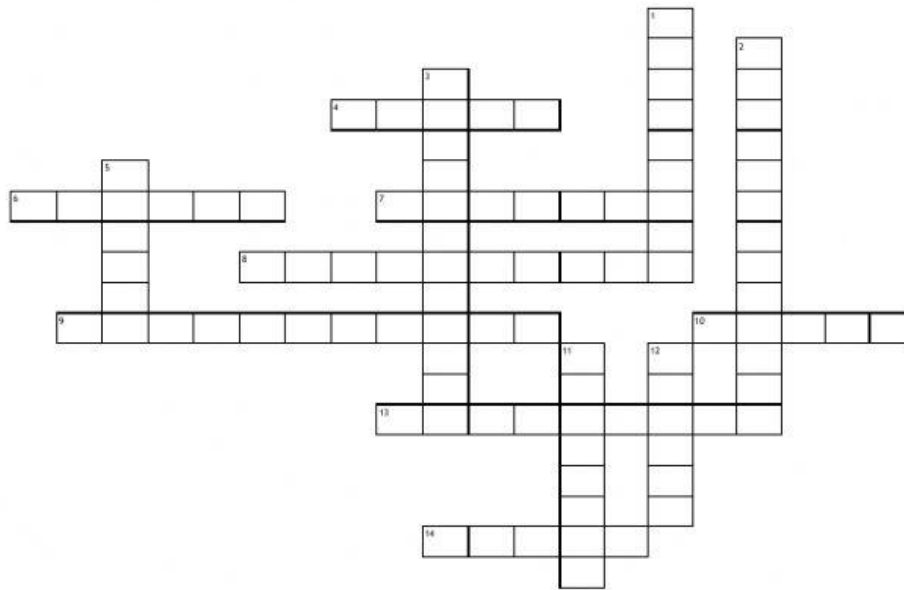


Name: \_\_\_\_\_

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