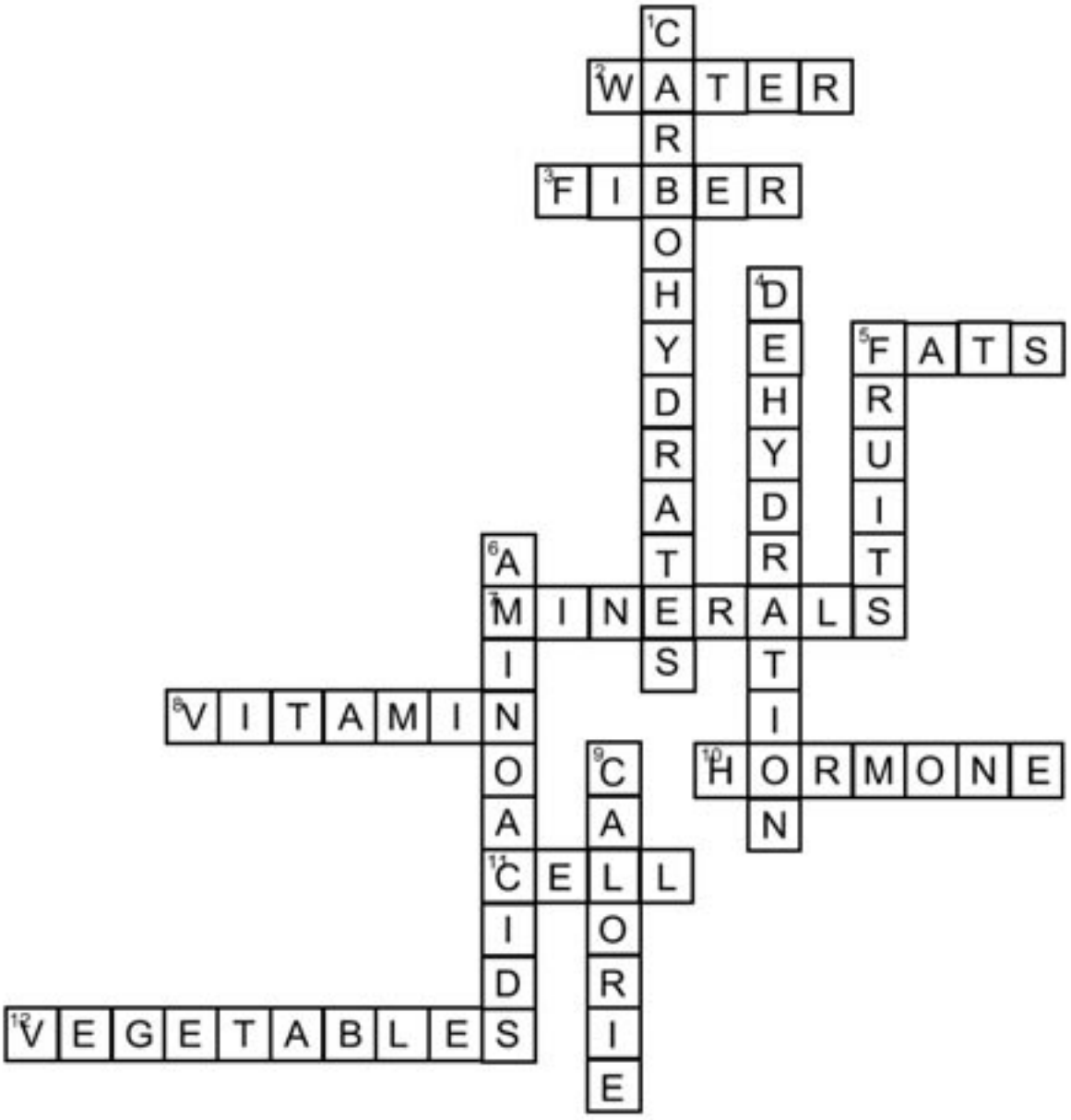
Veggie-mon Nutrition



Across
2. one of the most important parts of your diet
3. complex carbohydrate
5. responsible for storing energy in your body
7. needed for proper function of tissues and cells
8. a chemical made in living organisms that is important in small quantities for complete nutrition
10. triggers changes in the function of organs cells or tissues
11. basic structural unit of all living organisms
12. carrot, potato, broccoli

Down
1. includes sugars, starches, and cellulose
4. unhealthy loss of body fluids
5. banana, grape, strawberry
6. building blocks of proteins
9. measurement of energy in the food you eat