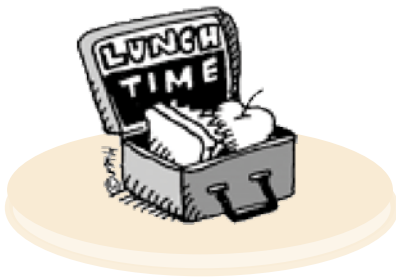
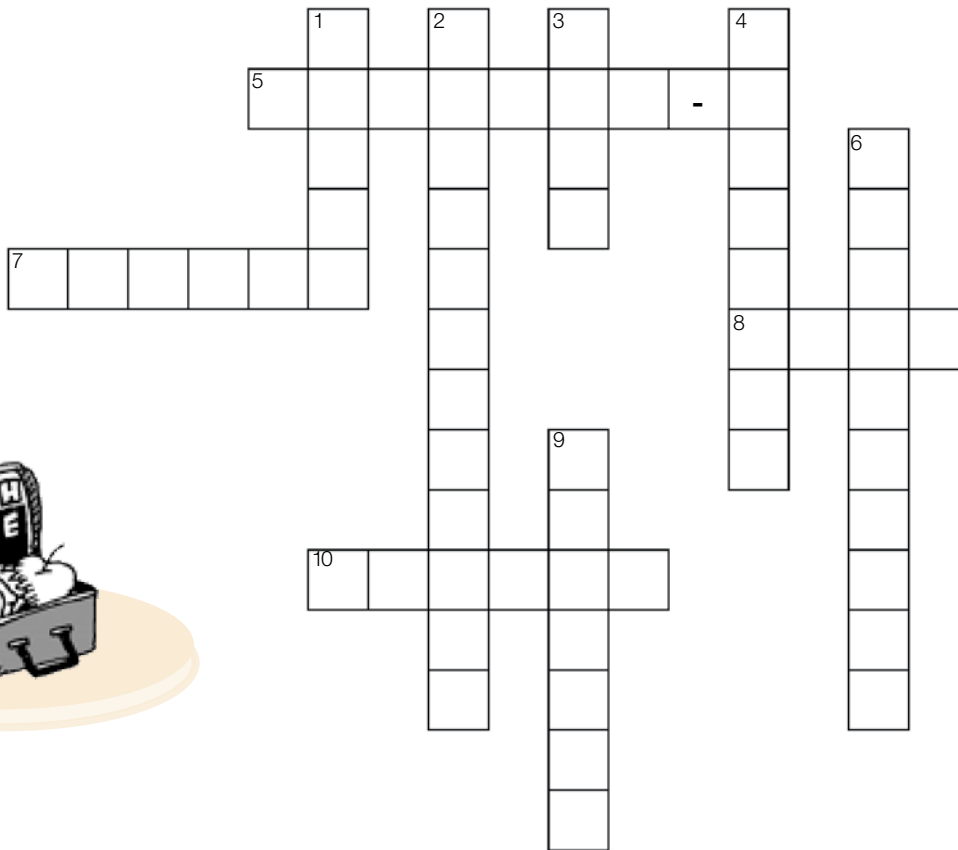


Activity

Grains score a perfect TEN

Grain Products are a perfect TEN—providing taste, energy and nutrients. Use the clues below to complete this crossword, identifying ten nutrients found in Grain Products.



ACROSS

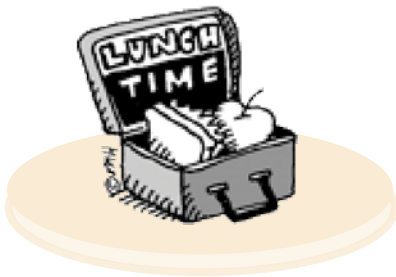
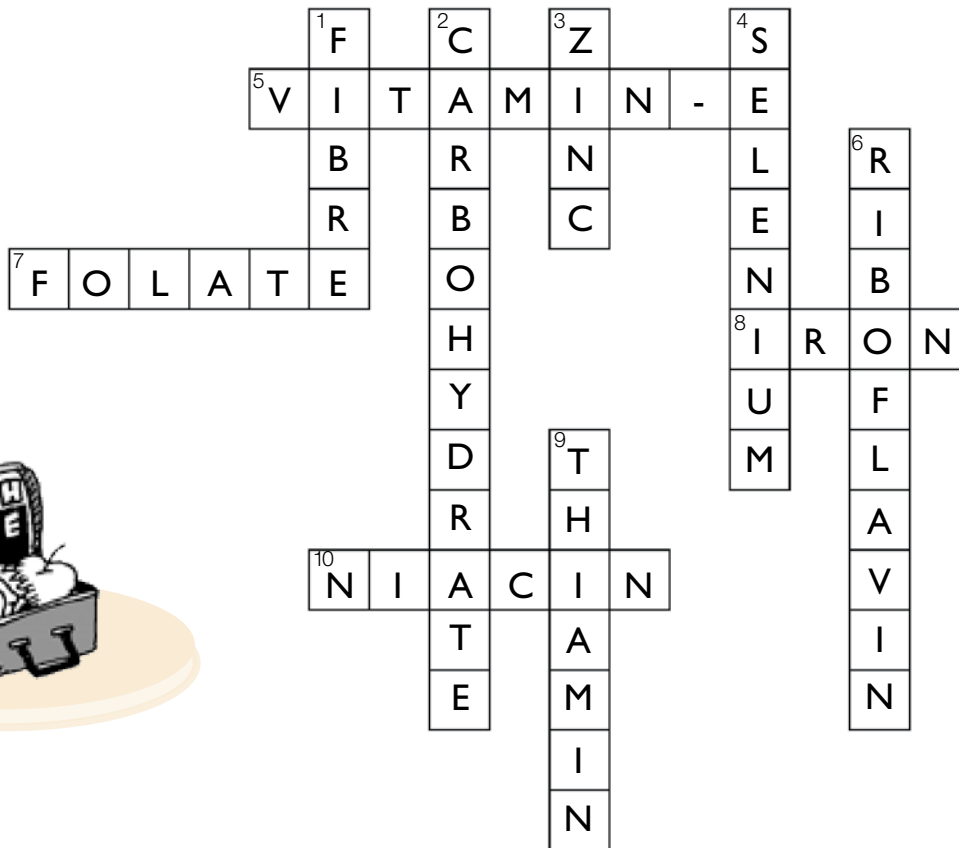
5. This vitamin protects our cells from damage.
7. This vitamin is important in the development of the spine and brain.
8. An important mineral needed to carry oxygen through the body.
10. This essential B-vitamin helps convert carbohydrates, fats and protein to energy.

DOWN

1. This nutrient helps keep our gastrointestinal tract working well.
2. A macronutrient that gets broken down to give us energy.
3. This mineral is an important part of enzymes and is involved in the building of protein.
4. This mineral works with Vitamin E to protect cells from damage.
6. This vitamin is also called Vitamin B2.
9. A B-vitamin that helps the nervous system function properly.

Answer sheet

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