

Name: _____ Date: _____

Nutrient Building Blocks

Directions: Solve these multiplication problems. Use the correct answers to find the names of the building blocks of health in numbers 1 – 6. *Example: $2 \times 2 = 4$, A = 4*

A	B	C	D	E	F	G	H	I	L	M
$\begin{array}{r} 2 \\ \times 2 \\ \hline 4 \end{array}$	$\begin{array}{r} 4 \\ \times 5 \\ \hline \end{array}$	$\begin{array}{r} 2 \\ \times 3 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ \times 7 \\ \hline \end{array}$	$\begin{array}{r} 2 \\ \times 4 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ \times 6 \\ \hline \end{array}$	$\begin{array}{r} 1 \\ \times 3 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ \times 3 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ \times 5 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ \times 2 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ \times 9 \\ \hline \end{array}$

N	O	P	R	S	T	U	V	W	Y
$\begin{array}{r} 3 \\ \times 4 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ \times 7 \\ \hline \end{array}$	$\begin{array}{r} 2 \\ \times 7 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ \times 6 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ \times 5 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ \times 8 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ \times 4 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ \times 9 \\ \hline \end{array}$	$\begin{array}{r} 3 \\ \times 6 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ \times 5 \\ \hline \end{array}$

1. These nutrients promote the building and repair of tissues.

<input type="text"/>							
14	30	28	32	8	25	12	15

2. These nutrients supply stored energy and transport some vitamins.

<input type="text"/>	A	<input type="text"/>	<input type="text"/>
24	4	32	15

3. These nutrients supply the main source of energy and fiber needed for digestion.

<input type="text"/>	A	<input type="text"/>										
6	4	30	20	28	9	35	21	30	4	32	8	15

4. These nutrients promote growth, good health, clear skin, appetite, and digestion.

<input type="text"/>							
36	25	32	4	27	25	12	15

5. These nutrients are necessary for maintaining health, and strong bones and teeth.

<input type="text"/>							
27	25	12	8	30	4	10	15

6. This nutrient is part of all tissues and helps to regulate body temperatures.

<input type="text"/>				
18	4	32	8	30

Source: Netx (Nutrition Education of Texas)

Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson Third Grade—Nifty Nutrients

Eat Smart Be Smart

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