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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Food For Thought

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| **Across****3.** By January 31 about 36% of people will break their New Year \_\_\_\_\_\_\_\_\_\_\_\_ resolution to diet and exercise.**4.** This is the only food that provides calories with no nutrition.**6.** Dark green veggies contain a lot of this nutrient.**8.** Watching television burns less calories than \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_does.**10.** The most popular fruit in the U.S.**12.** These is twice as much of this mineral in a bowl of Wheaties than in a bowl of potato chips. | **Down****1.** This is the most concentrated source of nourishment.**2.** A Cheerio will give you the caloric energy to think 625 of these.**5.** This PDA will allow you to burn 26 calories.**7.** 21% of American dieters blame this on their failure to lose weight.**9.** You will burn 2.3 calories when you melt this in your mouth.**11.** You need to walk 35 miles to burn one \_\_\_\_\_\_\_\_\_\_\_\_\_of fat. |