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Food groups and nutrition

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| **Across**  **2.** A food group including a variety of foods, such as meat, egg, poulty, seafood, bean, etc.  **4.** Another major nutrients in fruits and vegetables  **6.** A food group including a variety of foods, such as eggplants, carrots, tomato, broccoli, spinach etc.  **9.** One nutrient which is a major source of energy for the body  **10.** A nutrient that provides energy the body needs. If includes several forms saturated and unsaturated. | **Down**  **1.** Major nutrients in fruits and vegetables, such as sodium, potassium, calcium, zinc, etc.  **3.** Fiber is of vital importance to digestion. It helps the body move food through the digestive system.  **5.** A food group including a variety of foods, such as milk, yogurt, cheese, butter, etc.  **7.** A food group including a variety of foods, such as wheat, rice, oats, corn, barley, cereal, etc.  **8.** A food group including a variety of foods, such as apple, banana, orange, pineapple, peach, grape, etc. |