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

Food groups and nutrition

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | 3 |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 5 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 7 |  |  |  |  |  | 8 |  |  |  |  |  |  |
|  |  |  |  |  | 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 10 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **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. |