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

Healthy Eating and Nutrition

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| **Across**  **4.** \_\_\_\_\_\_\_\_, such as Iron and Calcium, are micronutrients that are essential in maintaining many functions around the body, from growth and development to maintaining normal nerve processes.  **6.** Healthy \_\_\_\_ help to give your body energy and support cell growth, as well as help to keep your body warm, protect your organs, absorb nutrients and produce certain hormones.  **8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the three main nutrients that make up a large part of a balanced diet, which are Carbohydrates, Proteins and Fats.  **10.** \_\_\_\_ is a nutrient that is vital to the production of hemoglobin, a protein in blood that is necessary for carrying oxygen around the body.  **11.** A good source of protein, carbohydrates and fats, \_\_\_\_ are a healthy snack that comes in many different varieties, such as almond, cashew, and pecan.  **12.** Coming from many different sources, \_\_\_\_ is the main source of protein in most people's diets, unless you're vegan or vegetarian of course.  **14.** Maintaining a \_\_\_\_\_\_\_\_ and nutritious diet is important to staying happy and healthy.  **17.** \_\_\_\_\_\_\_\_\_\_ are an abundant source of water, vitamins, minerals, and carbohydrates, and come in many different shapes and sizes. Just be sure to eat the leafy green ones!  **18.** A great source of protein and fats, \_\_\_\_ are a breakfast food that will turn your morning from dull to sunny side up!  **19.** The average daily amount of \_\_\_\_\_\_\_\_ needed to stay at a healthy weight is 2,500 for men and 2,000 for women.  **20.** \_\_\_\_\_\_\_\_\_\_\_\_\_ are the primary energy source within the body, and they can be found in pasta, bread and other grains. | **Down**  **1.** Basically nature's candy, \_\_\_\_\_\_ not only taste good, but are also a great source of vitamins, minerals, water and carbohydrates.  **2.** \_\_\_\_\_ foods such as cheese and yogurt are an important source of protein and calcium.  **3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the nutrients such as Vitamins and Minerals that aren't needed in large quantities like Carbohydrates, Proteins and Fats are.  **5.** \_\_\_\_\_\_\_ is a mineral that is used to build strong bones and teeth.  **7.** Similar to minerals, \_\_\_\_\_\_\_\_ are micronutrients that help to perform a variety of processes around the body, like improving immune function or improving the five senses.  **9.** The building blocks of the human body, \_\_\_\_\_\_\_\_ are used to repair muscles, and form enzymes and hormones that do thousands of different jobs around the body.  **13.** \_\_\_\_\_ is arguably the most important nutrient, it makes up almost 60% of the human body after all.  **15.** Everyone needs about 60 minutes of \_\_\_\_\_\_\_\_ daily in order to stay strong and maintain a healthy weight.  **16.** \_\_\_\_\_ are an important plant-based source of protein, and come in varieties such as kidney, pinto, and black. |