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

Healthy Eating and Nutrition

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 1 |  |  | 2 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 3 |
|  |  |  |  |  |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 6 |  |  |  |  |  |  |  |  |  |  | 7 |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 10 |  |  |  |  |  |  |  | 11 |  |  |  |  |  |  | 12 |  |  |  |
|  |  |  |  |  |  |  |  | 13 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 14 |  |  |  |  |  | 15 |  |  |  |  |  |  |
|  |  |  |  |  |  | 16 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 17 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 18 |  |  |  |  | 19 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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