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

Impact 360 Soccer Nutrition Crossword Puzzle

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| **Across****2.** We get nutrtion from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**5.** When you play soccer, you are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**7.** This fluid also known as H2O helps keep our body hydrated**8.**  Over-consumption of \_\_\_\_\_\_\_\_\_\_\_\_ increases your risks of obesity, diabetes, cardiovascular disease, and tooth decay. **11.** Milk and cheese belong to this food group.**12.** Fish, turkey, chicken and eggs belong to this food group**14.** By eating a balanced diet consisting of few amount of sugar and fat, and exercising daily you will become very \_\_\_\_\_\_\_\_\_\_\_\_\_\_. **15.** Cookies, Ice Cream, Cake,and Pies are all examples of \_\_\_\_\_\_\_\_\_\_\_\_ foods. | **Down****1.** We need good nutrition for us to build strong \_\_\_\_\_\_\_\_\_\_\_\_\_\_.**3.** You should do this for at least 30 minutes each day**4.** Brussel sprouts, carrots, lettuce and spinach belong to this food group**6.** Apples, bannanas, oranges belong to this food group.**9.** This food group which gives your body energy includes pasta, bread and rice.**10.** The study of food and how it works in your body**13.** Too much sugar and fat are \_\_\_\_\_\_\_ for you. |