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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. |