National Nutrition Month 2019 Crossword

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

|  |  |
| --- | --- |
| **Across****1.** Dairy products are a good source of**3.** Collard greens, kale, mustard greens, spinach and swiss chard are considered dark \_\_\_\_\_\_\_ greens.**5.** This spice comes from the bark of trees, add it to your coffee for extra sweetness or add it to apples around the holidays**9.** coffee, dark chocolate and tea are all \_\_\_\_\_\_\_**12.** Skinless chicken, turkey and beans are all considered \_\_\_\_\_\_ proteins**13.** This green pepper is somewhat spicy, add it to your salsa for a kick!**15.** chickpeas are considered to be from the \_\_\_\_\_\_ family**18.** fruits, vegetables and whole grains are a good source of dietary**19.** These nuts are high in fat and vitamin B6, get crackin' but only in small portions**20.** This dressing is made by mixing oil with vinegar or lemon juice | **Down****2.** Herb used for cooking, native to Southeast Asia and the Indian Subcontient, orange in color**4.** \_\_\_\_\_\_\_\_\_\_\_ fat is liquid at room temperature and comes from oils in plants**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_ fat is solid at room temperature **7.** This cooking technique means to fry quickly in a little hot fat**8.** This seed is classified as a pseudograin. Nutritionally, it is considered to be a whole grain and is also gluten-free.**10.** Considered to be a fruit, this food is used as vegetable when cooking**11.** \_\_\_\_\_\_\_\_\_\_ foods are high in vitamin C and antioxidants**14.** It is recommended that we get five servings of fruits and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ per day**16.** Soy sauce, cured meats and cheese have this flavor**17.** A registered \_\_\_\_\_\_\_ is a trained nutrition professional who has met strict educaitonal standards. |