National Nutrition Month 2019 Crossword

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|  |  |  U |  |  |  |  |  |  | 3L |  E |  A |  F |  Y |  |  |  |  |  |  |
|  |  |  R |  |  |  |  |  | 4U |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  M |  |  |  | 5C |  I |  N |  N |  A |  M |  O |  N |  |  |  |  |  |  |
|  |  |  E |  | 6S |  |  |  |  S |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  R |  |  A |  |  |  |  A |  |  |  | 7S |  | 8Q |  |  |  |  |  |
|  | 9B |  I |  T |  T |  E |  R |  |  T |  | 10T |  |  A |  |  U |  | 11C |  |  |  |
|  |  |  C |  |  U |  |  |  |  U |  |  O |  |  U |  |  I |  |  I |  |  |  |
|  |  |  |  |  R |  |  |  |  R |  |  M |  |  T |  |  N |  |  T |  |  |  |
|  |  | 12L |  E |  A |  N |  | 13J |  A |  L |  A |  P |  E |  N |  O |  |  R |  |  | 14V |
|  |  |  |  |  T |  |  |  |  T |  |  T |  |  |  |  A |  |  U |  |  |  E |
|  |  |  | 15L |  E |  G | 16U |  M |  E |  |  O |  | 17D |  |  |  |  S |  |  |  G |
|  |  |  |  |  D |  |  M |  |  D |  |  |  |  I |  |  |  |  |  |  |  E |
|  |  |  |  |  |  |  A |  |  | 18F |  I |  B |  E |  R |  |  |  |  |  |  T |
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|  |  |  |  |  | 19P |  I |  S |  T |  A |  C |  H |  I |  O |  |  |  |  |  |  B |
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|  |  |  |  |  |  |  |  |  | 20V |  I |  N |  A |  I |  G |  R |  E |  T |  T |  E |
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| **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. |