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Nutrition

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| **Across**  **2.** Nutritional information about food is printed on this  **3.** A commercial that tries to get you to buy a product is know as an \_\_\_\_\_\_\_\_\_\_\_  **6.** Nutrient that provides energy and gives food flavor  **7.** A substance that is added to food to flavor meats and other foods  **13.** something added to food to keep it from spoiling or going bad  **14.** The unit to measure the energy produced by food in the body  **15.** The sugar found in milk  **16.** A substance that helps a food taste better or last longer  **17.** Food you eat between meals  **19.** Reaction to a food that is caused the immune system  **20.** Daily eating plan that includes foods from all food groups  **22.** Suggested goals to help you stay healthy | **Down**  **1.** A reaction of the body towards a food or something in a food.  **4.** Food high in calories but low in vitamins and minerals  **5.** Food that contain the same types of nutrients are in the same\_\_\_\_\_\_\_\_\_\_\_\_.  **8.** Water,protein,carbohydrates,fats,vitamins and minerals are known as\_\_\_\_\_\_\_\_.  **9.** Nutrient that helps the body's chemical processes  **10.** Meals at these restaurants should not be eaten everyday  **11.** Nutrient needed for growth and cell repair  **12.** Nutrient that helps the body use proteins, fats and carbohydrates  **18.** Nutrient that is the body's main energy source  **21.** The nutrient that helps keep the body and cells hydrated |