|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Nutrition

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

|  |  |
| --- | --- |
| **Across**  **1.** Oranges are high in this  **5.** What people take to supplement their daily nutritional intake  **10.** It is a green leafy and comes in different varieties  **11.** Meat, fish and poultry is high in this  **13.** Milk, yogurt and cheese is high in this  **14.** How many meals are there in a day?  **15.** How many calories does water have?  **16.** A person does if they want to lose weight  **17.** A common citrus  **18.** Ice cream, cake and candy are high in this  **19.** It is what food provides us  **20.** Bread, pasta and potatoes are high in this | **Down**  **2.** The name of a certain type of fat  **3.** We need to do this regularly to stay in shape  **4.** We eat this in between meals  **6.** We get this if we eat food that is contaminated  **7.** Our body requires 6 to 8 glasses of this every day  **8.** Peas, carrots and broccoli  **9.** Bananas are high in this  **12.** First meal of the day |