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

Nutrition

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

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| **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 |