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

Nutrition

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  | 1  F |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 2  F | O | O | D | L | A | B | E | L |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | O |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 3  A | D | V | E | R | T | I | S | E | M | E | N | T |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | I |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | N |  |  |  |  |  |  | 4  E |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 5  F |  |  |  | 6  F | A | T |  |  |  |  |  |  | 7  M | S | G |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | O |  |  |  |  |  | O |  |  |  |  |  |  | P |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | O |  |  |  | 8  N |  | L |  |  |  | 9  M |  |  | T |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | D |  | 10  F |  | U |  | E |  |  |  | I |  |  | Y |  | 11  P |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | G |  | A |  | T |  | R |  |  |  | N |  |  | C |  | R |  | 12  V |  |  |  |  |  |  |  |  |  |
|  |  | 13  P | R | E | S | E | R | V | A | T | I | V | E |  | 14  C | A | L | O | R | I | E |  |  |  |  |  |  |  |  |
|  |  |  | O |  | T |  | I |  | N |  |  |  | R |  |  | L |  | T |  | T |  |  |  |  |  |  |  |  |  |
|  |  |  | U |  | F |  | E |  | C |  |  | 15  L | A | C | T | O | S | E |  | A |  |  |  |  |  |  |  |  |  |
|  |  |  | P |  | O |  | N |  | E |  |  |  | L |  |  | R |  | I |  | M |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | O |  | T |  |  |  |  |  |  |  |  | I |  | N |  | I |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | D |  | S |  | 16  A | D | D | I | T | I | V | E |  |  | 17  S | N | A | 18  C | K |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | F |  |  |  |  |  | A |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 19  F | O | O | D | A | L | L | E | R | G | Y |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | O |  |  |  |  |  | B |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | 20  B | A | L | A | N | C | E | D | D | I | E | T |  | O |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 21  W |  |  |  |  |  | Y |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 22  D | I | E | T | A | R | Y | G | U | I | D | E | L | I | N | E | S |  |
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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 |