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

Nutrition

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