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

Nutrition

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

|  |  |
| --- | --- |
| **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 |