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

Nutrition

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

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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 |