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

Understanding the Nutrition Facts Label

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|  |  |  |  |  |  | 2D |  I |  E |  T |  A |  R |  Y |  F |  I |  B |  E |  R |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  L |  |  | 3S |  |  |  |  |  |  |  |  |  |  |  |  | 4S |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  Y |  |  |  U |  |  |  |  |  |  |  |  |  |  |  |  |  E |  |  |  |
|  |  |  |  |  |  |  | 5S |  E |  R |  V |  I |  N |  G |  S |  S |  I |  Z |  E |  |  |  |  |  |  |  |  R |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  A |  |  |  A |  |  |  |  |  |  |  |  |  |  |  |  |  V |  |  |  |
|  |  |  |  |  |  |  | 6T |  |  |  L |  |  |  R |  |  |  |  |  |  |  |  |  |  |  |  |  I |  |  |  |
|  |  |  |  |  |  | 7P |  O |  L |  Y |  U |  N |  S |  A |  T |  U |  R |  A |  T |  E |  D |  F |  A |  T |  |  |  N |  |  |  |
|  |  |  |  |  |  |  |  T |  |  |  E |  |  |  L |  |  |  |  |  |  |  |  |  |  |  |  |  G |  |  |  |
|  |  |  |  |  |  |  |  A |  |  |  |  |  |  C |  | 8M |  |  |  |  |  |  |  |  |  |  |  S |  |  |  |
|  |  |  |  |  |  |  |  L |  |  |  |  | 9S |  O |  D |  I |  U |  M |  |  |  |  | 10C |  |  |  |  P |  |  |  |
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|  |  |  | 12S |  U |  G |  A |  R |  S |  |  | 13C |  A |  L |  O |  R |  I |  E |  S |  |  |  |  O |  |  A |  |  C |  |  |  |
|  |  |  |  |  |  |  |  B |  |  | 14C |  |  |  S |  |  A |  |  |  |  |  |  |  R |  |  N |  |  O |  |  |  |
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| **Across****2.** a type of carbohydrate found in plant food**5.** amount of food that is customarily eaten.**7.** found in higher portions in plant and seafood and are usaully liquid at room temperature**9.** a mineral and one of the chemicalelements found in salt**12.** smallest and simplest type of carbohydrate. Are easily digested and absorbed by the body**13.** "energy" supplied from all sources of food**16.** found in higher portions in plnts and seafood and are usually liquid at room temperature**17.** found in higher portions in animal products and is usually solid at room temperature**18.** organic substances made by plants and animals | **Down****1.** shows how much of a nutrient is in one serving of the food**3.** provide a sweet taste with fewer calories**4.** total number of servings**6.** found primarily in plant food; one of the three macronutrients in food that provide calories or "energy"**8.** inorganic substances that are not made by living things**10.** fat's contributuin to the total number of calories**11.** unsaturated fat and is not essential in the diet**14.** waxy, fat like substance produced primarily by the liver**15.** one of the three macronutrients in food that provides calories or "energy" |