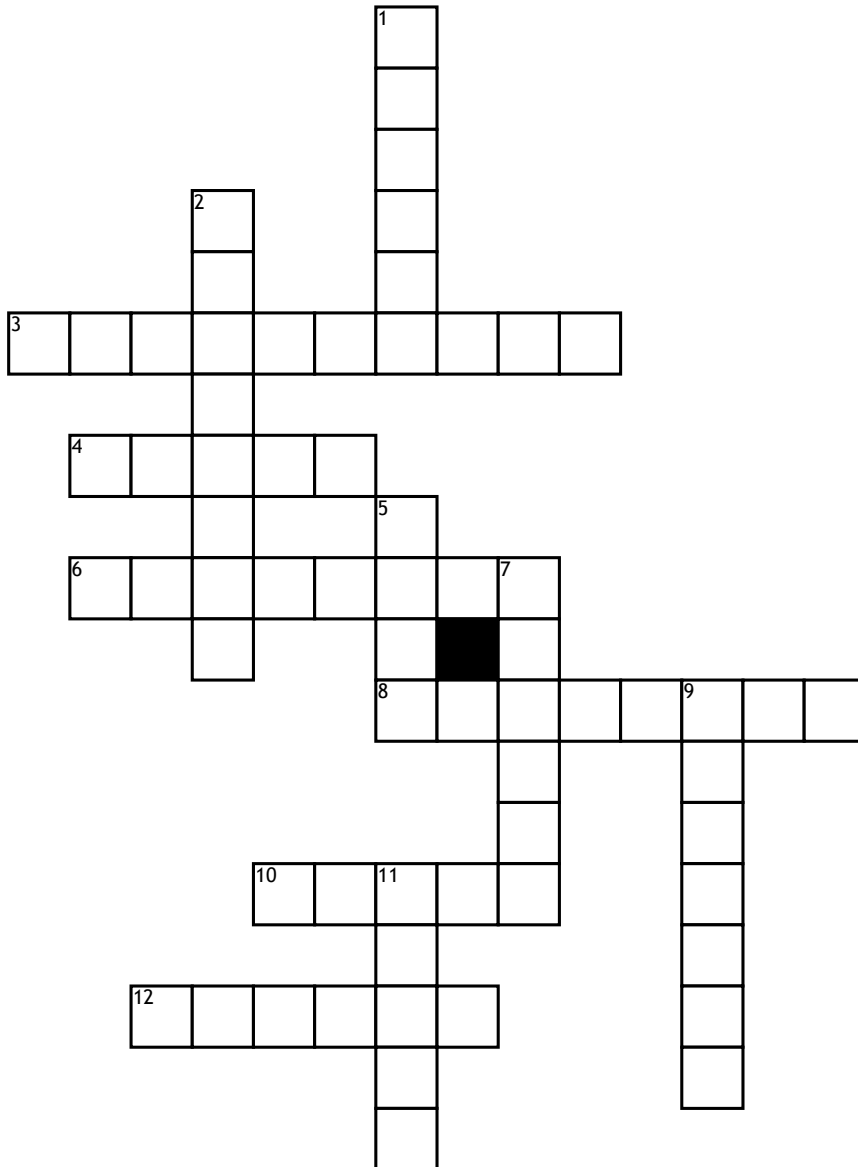


Name: _____

Date: _____

Food For Thought



Across

3. By January 31 about 36% of people will break their New Year _____ resolution to diet and exercise.

4. This is the only food that provides calories with no nutrition.

6. Dark green veggies contain a lot of this nutrient.

8. Watching television burns less calories than _____ does.

10. The most popular fruit in the U.S.

12. There is twice as much of this mineral in a bowl of Wheaties than in a bowl of potato chips.

Down

1. This is the most concentrated source of nourishment.

2. A Cheerio will give you the caloric energy to think 625 of these.

5. This PDA will allow you to burn 26 calories.

7. 21% of American dieters blame this on their failure to lose weight.

9. You will burn 2.3 calories when you melt this in your mouth.

11. You need to walk 35 miles to burn one _____ of fat.