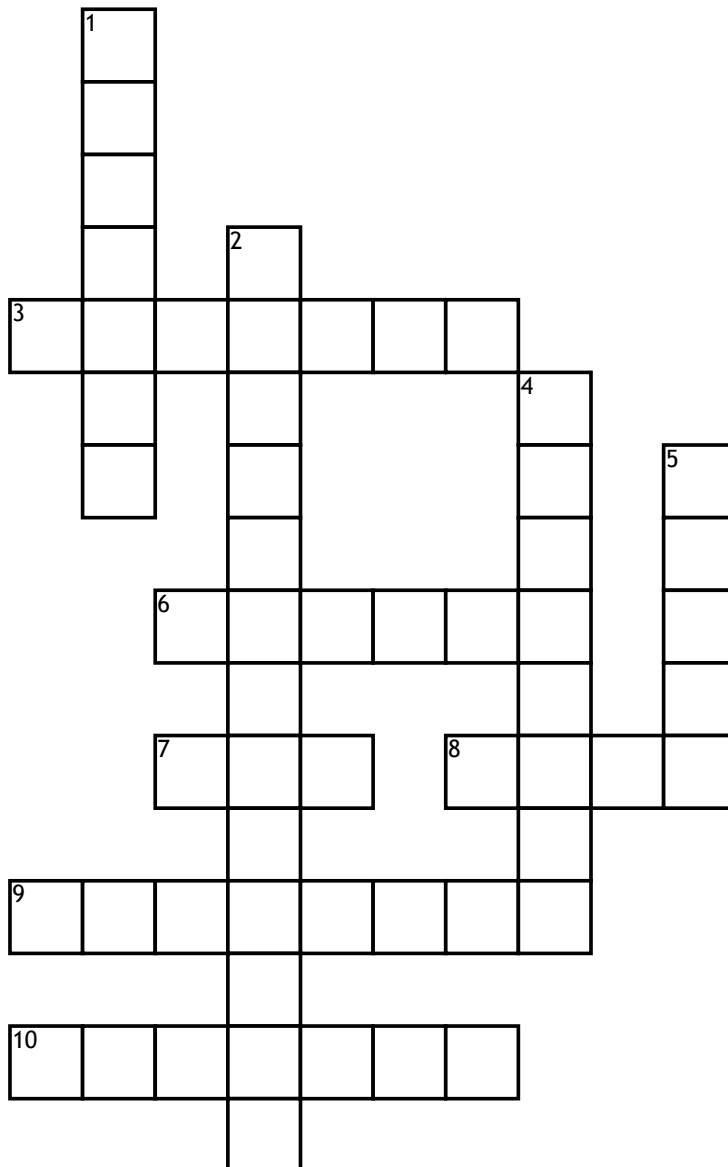


Name: _____

Date: _____

Food Groups



Across

3. Which gender needs the most iron in their diet?
6. A food that is a source of fat and protein.
7. The name given to the amounts you should eat per day.
8. Eating too much of this food group can lead to obesity.
9. The name given to the nutrients found in fruits and vegetables

10. Which age group needs less carbohydrate in their diet?

Down

1. Which food group is good for building muscle?
2. Which food group gives quick release energy?
4. Calcium and magnesium are examples of these.
5. Which gender needs more protein during their teenage years?