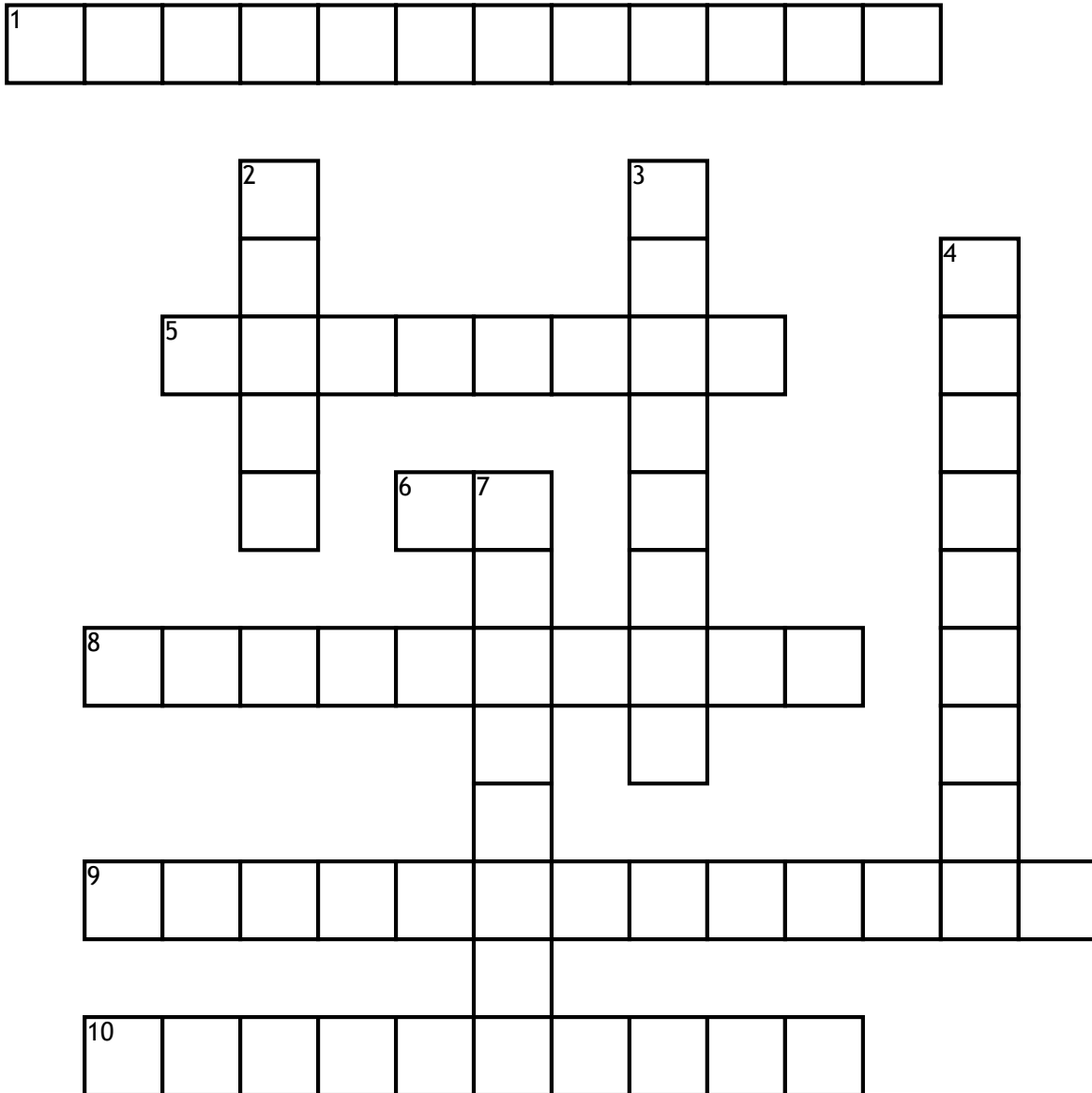


Name: _____

Date: _____

Food Tracker



Across

1. Another way to find out how much you eat
5. One cup is about the size of what?
6. One medium waffle is about the size of what?
8. These contain nutrition facts
9. One medium baked potato is about the size of what?
10. This tool measures food by volume

Down

2. A tool that can help you find out how much you eat by measuring the weight
3. The amount of energy you get from a serving of food
4. This can aid you in keeping track of the foods you eat
7. Tracking your food can help to delay or prevent what