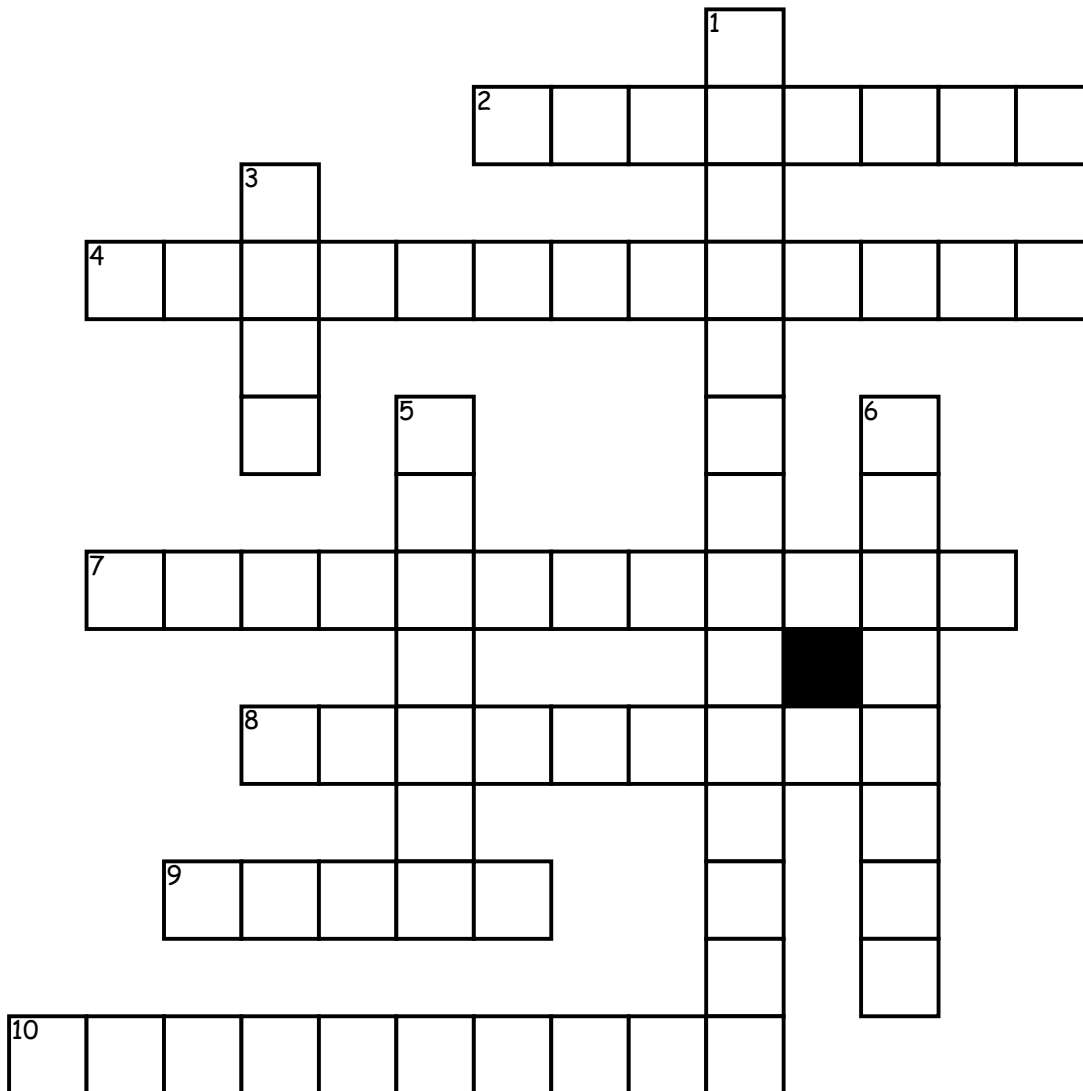


Name: _____

Date: _____

Food and Nutrition Crossword Puzzle



Across

- 2. Is a vitamin that helps strengthen bones and teeth, and is found in milk
- 4. Nutrients that are sources of energy that made of carbon and hydrogen
- 7. a condition where a person's diet isn't reaching the minimum daily requirements of nutrition
- 8. It shows the required amounts of food servings that people should be getting in each food group daily
- 9. A type of carbohydrate that the body can't digest, and are found in fruits

- 10. are the building blocks of proteins, and contain carbon, hydrogen, oxygen, and nitrogen

Down

- 1. Nutrients that are required in large amounts to get energy
- 3. Is a mineral that's in beans that helps form hemoglobin in our blood
- 5. The simple sugar that we get our energy from
- 6. Nutrients that are needed for growth and repair of cells