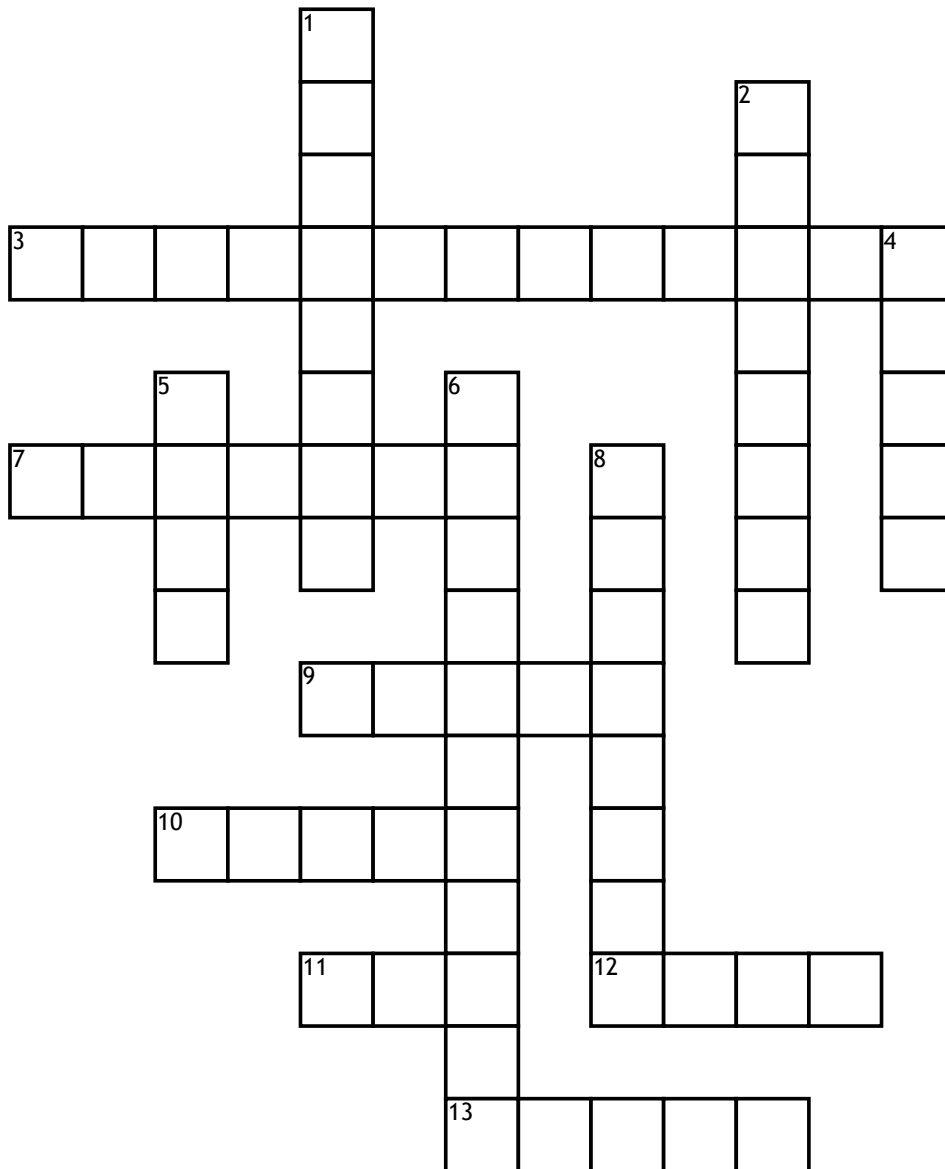


# Food and Nutrition Wordsearch



## Across

3. Usually we get the most energy from this food group

7. Helps build and maintain muscles

9. Humans are about 70% this and require 6-8 cups of this daily

10. Fruits and vegetables contain this, and this helps us feel full

11. We need a little of this in our diet to help our body's run, but don't want to consume too much

12. Comes in a shell and contains protein

13. This food group usually comes from cows

## Down

1. Energy source we get from food

2. Fruits and vegetables contain these which are micronutrients and help our bodies run smoothly

4. Too much of this added to our foods can cause a crash

5. Made from soy and contains protein

6. The healthiest fat we can consume

8. It is beneficial to get 30 minutes of this at least 5 times a week