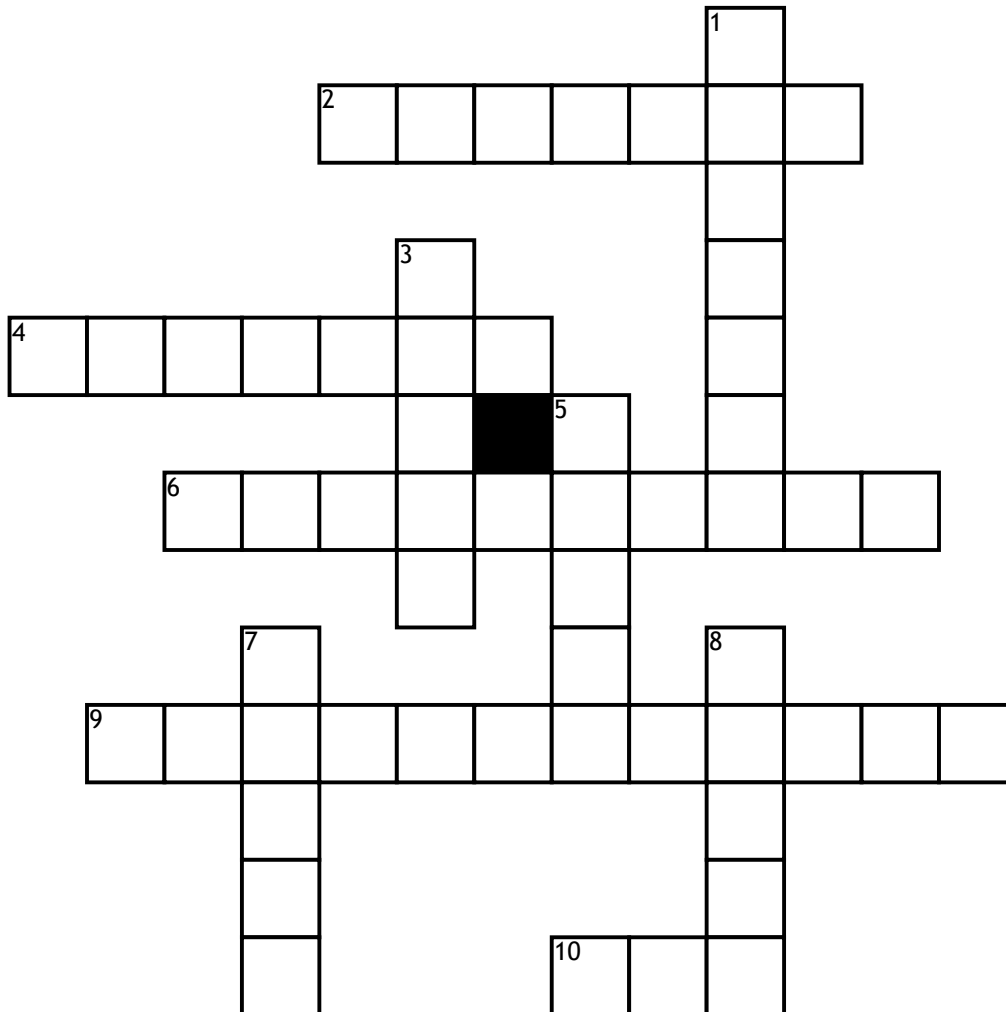


Name: _____

Date: _____

Food groups and nutrition



Across

- 2. A food group including a variety of foods, such as meat, egg, poultry, seafood, bean, etc.
- 4. Another major nutrients in fruits and vegetables
- 6. A food group including a variety of foods, such as eggplants, carrots, tomato, broccoli, spinach etc.
- 9. One nutrient which is a major source of energy for the body
- 10. A nutrient that provides energy the body needs. If includes several forms saturated and unsaturated.

Down

- 1. Major nutrients in fruits and vegetables, such as sodium, potassium, calcium, zinc, etc.
- 3. Fiber is of vital importance to digestion. It helps the body move food through the digestive system.
- 5. A food group including a variety of foods, such as milk, yogurt, cheese, butter, etc.
- 7. A food group including a variety of foods, such as wheat, rice, oats, corn, barley, cereal, etc.
- 8. A food group including a variety of foods, such as apple, banana, orange, pineapple, peach, grape, etc.