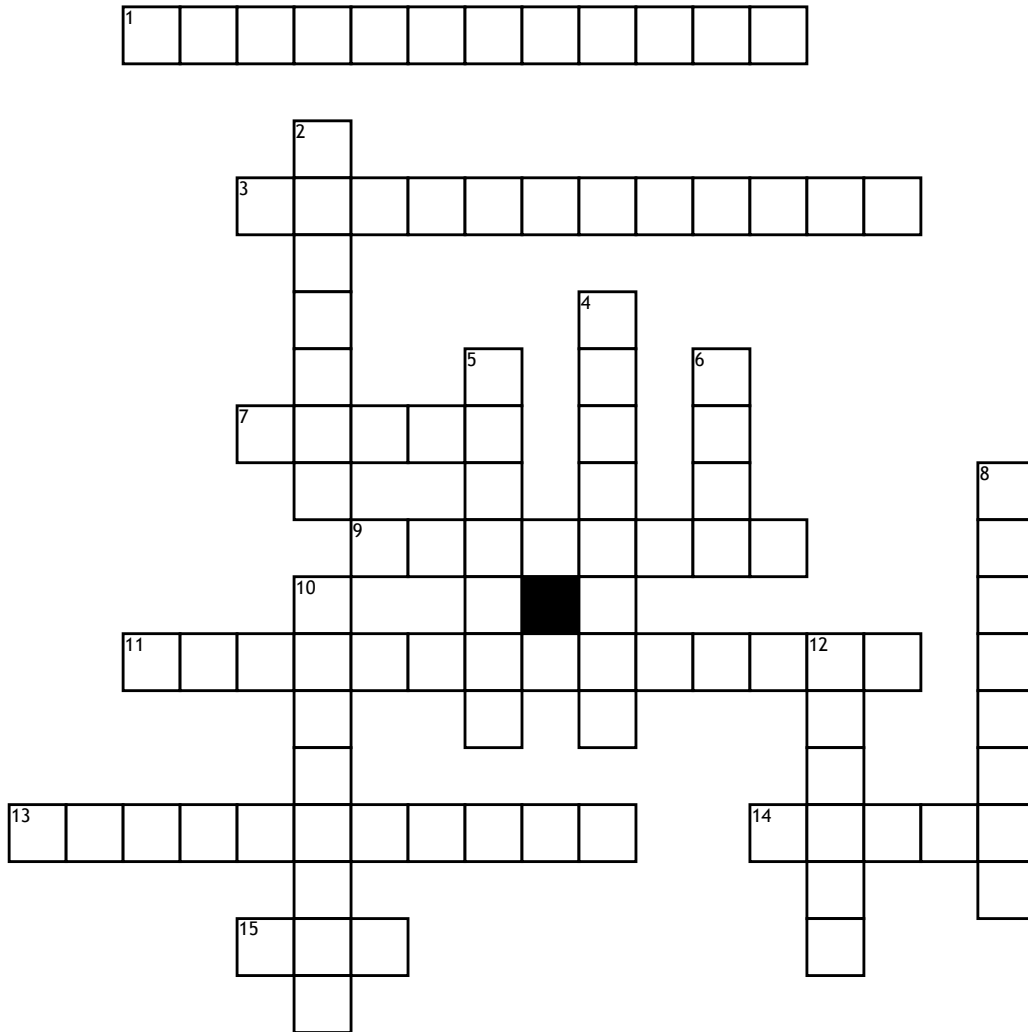


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Health1



## Across

- 1. Sour cream, ice cream and red meat provide you with this
- 3. Provides energy for your muscles to use
- 7. Makes you have a lot of energy
- 9. Heals wounds
- 11. This shows you what is in this product

13. This builds cells in your body

14. Reduces risk of colon cancer

15. It makes your body bigger

## Down

- 2. Builds healthy bones and teeth
- 4. Provides good night vision
- 5. Builds muscle

6. Produces red blood cells

8. This tells you how much energy you get from 1 serving from a package food

10. Cushions your bones and skin

12. Balance body fluids

## Word Bank

Fibre

Cholesterol

Sodium

Calories

Iron

Vitamin A

Trans fat

Carbohydrate

Protein

Saturated fat

Fat

Vitamin C

Sugar

Ingredient list

Calcium