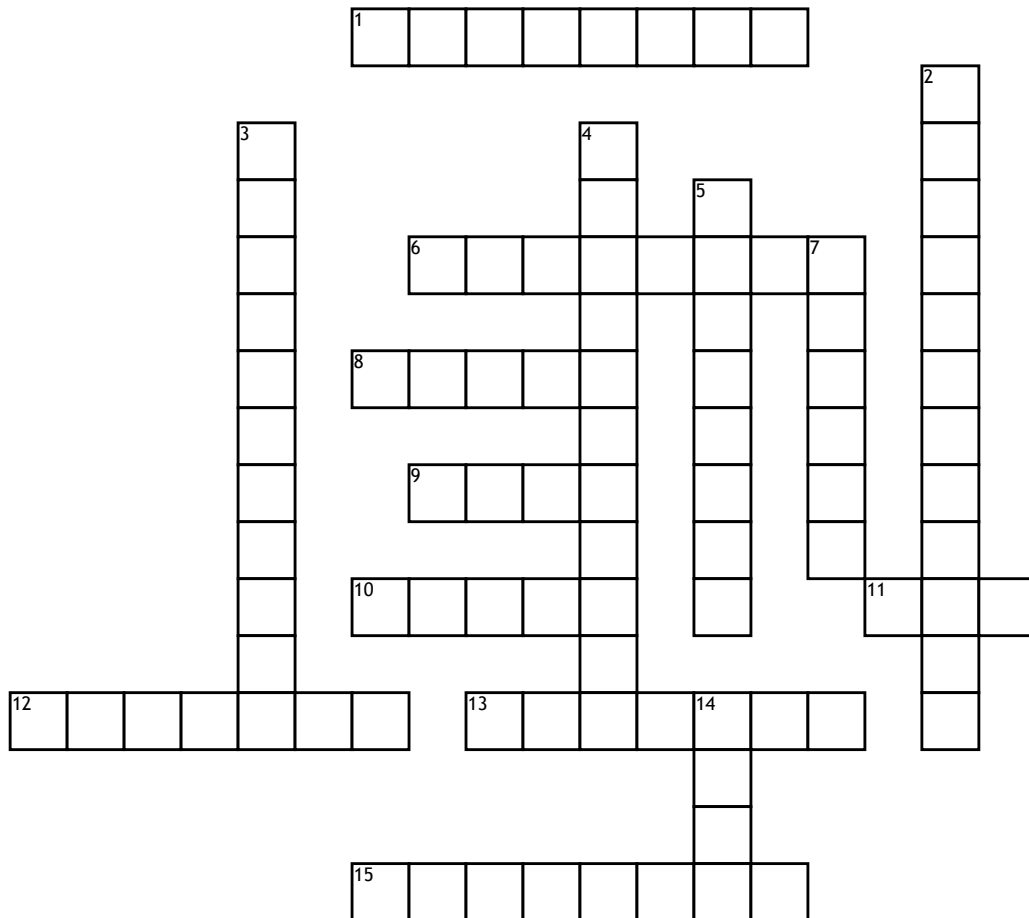


Name: _____

Date: _____

Health



Across

- 1. There is fat and there is _____ fat
- 6. Tell you how much energy you get from one serving
- 8. Reduces risk of colon cancer
- 9. Another word for sodium

- 10. This makes you have a lot of energy
- 11. Makes your body bigger
- 12. Builds and repairs your body tissue
- 13. Builds healthy bones and teeth
- 15. Keeps your skin and eyesight healthy

Down

- 2. Provides energy for muscles and brain
- 3. Measured amount of food or drink
- 4. Builds cells in your body
- 5. Heals wounds
- 7. A different word for salt
- 14. Produces red blood cells

Word Bank

- | | | | | |
|------|-----------|-------------|--------------|-----------|
| Salt | Transfat | Protein | Servingsize | Sodium |
| Fat | Calcium | Suger | Fibre | Calories |
| Iron | Vitamin C | Cholesterol | Carbohydrate | Vitamin A |