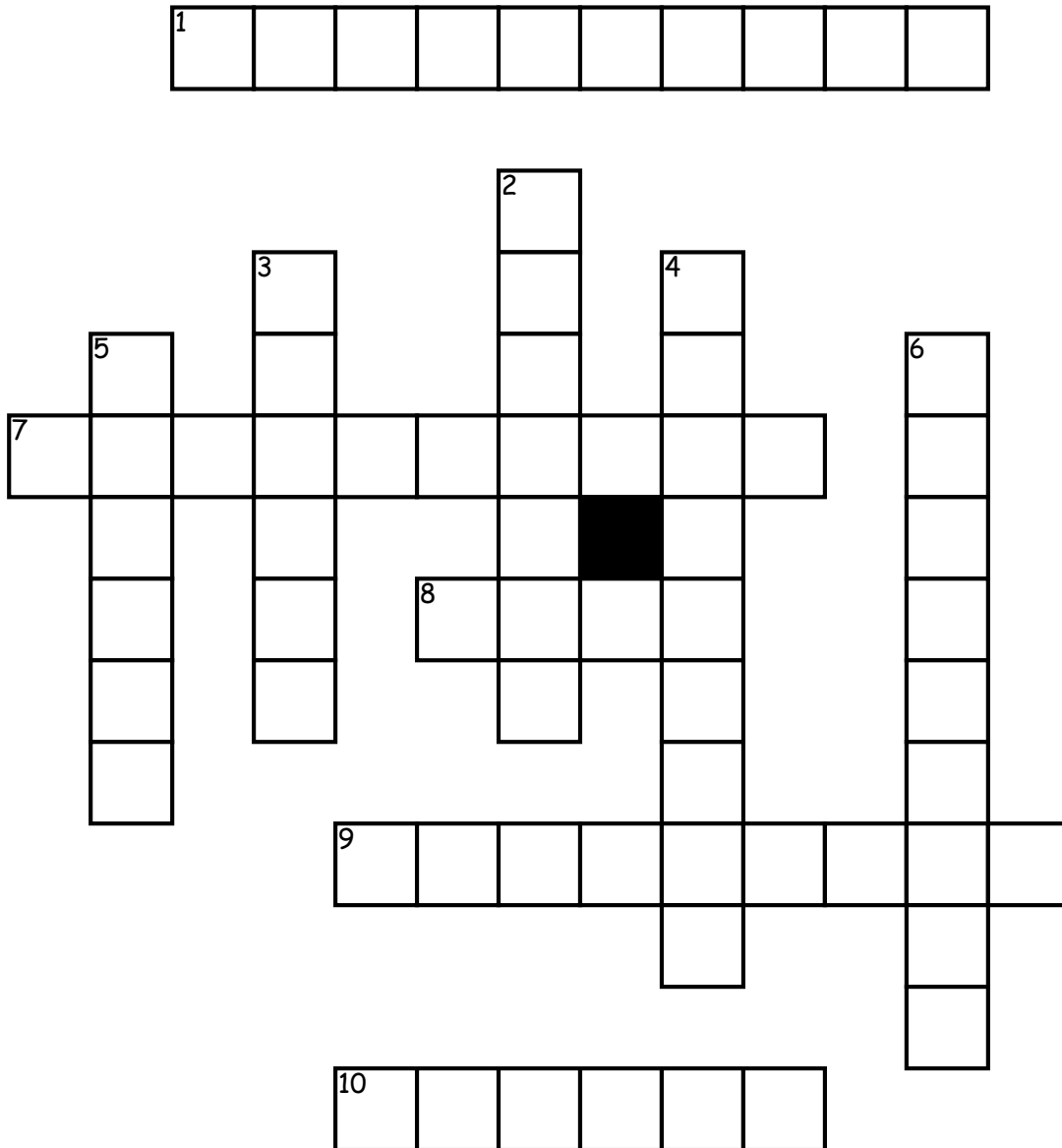


Name: _____

Date: _____

Health & Nutrition Crossword Puzzle



Across

1. Eating alone, especially in front of the TV or computer, could lead to _____.
7. When you eat in _____ you eat only as much as your body needs.
8. You should have at least _____ servings of fruits and vegetables a day.
9. Vitamin D, Vitamin K, and _____ assists with calcium absorption.
10. It is common to mistake _____ for hunger.

Down

2. _____ supports mood and cognitive function.
3. _____ is a healthy fat that is vital to both your emotional and physical health.
4. The cornerstone of a healthy diet should be to replace _____ food with real food whenever possible.
5. Water helps flush our systems of waste products and _____.
6. Your serving of rice, mashed potatoes, or pasta should be the size of a _____ (2 words).