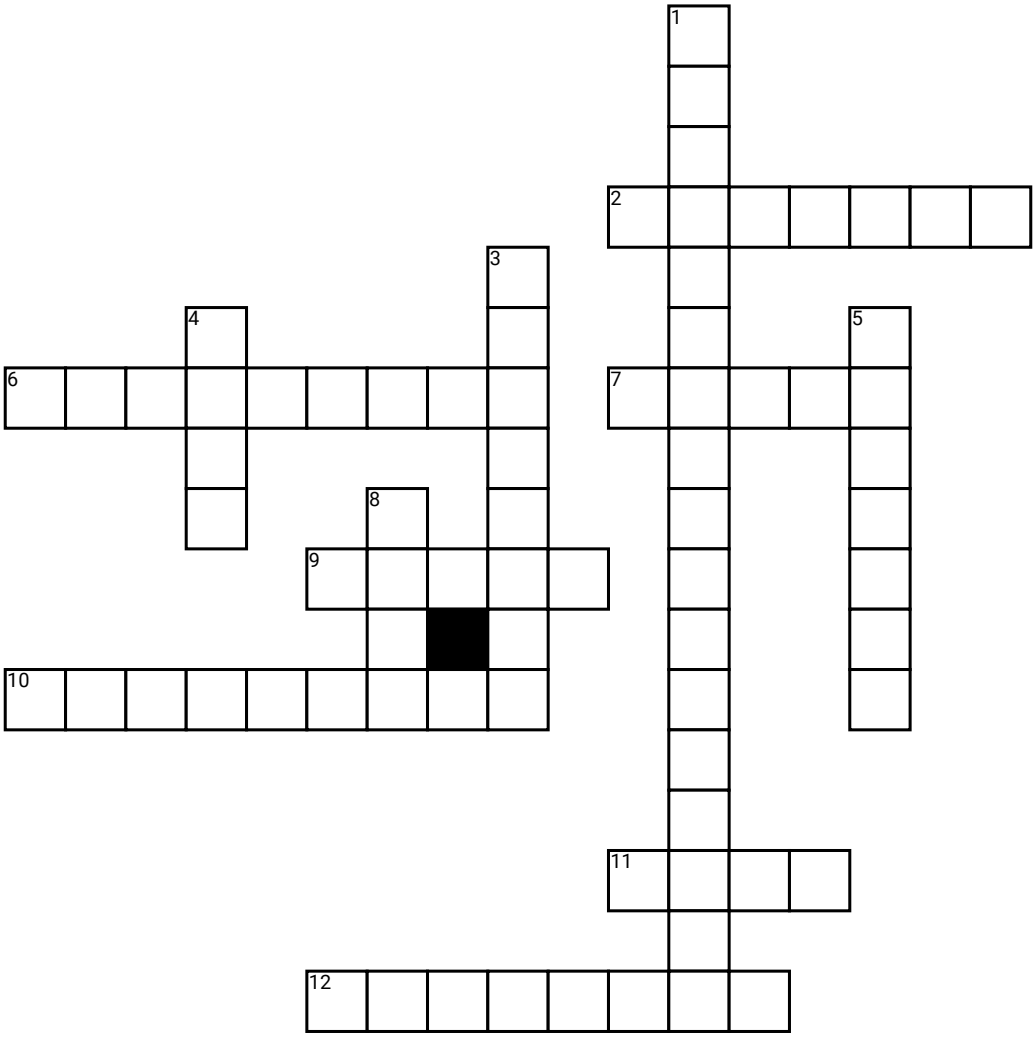
Name: _____ Date: _____

Healthy Eating



Across

2. this mineral is essential for healthy bones and teeth

6. The most important meal of the day.

7. Your body loses this through breathing, sweating and digesting.

9. it is recommended that older children should have three servings of this.

10. Found in food Essential to life and health.

11. Drinking this may prevent bone diseases

12. Your body needs This just to operate.

Down

1. Nutritional Guide produced by health canada.

3. A,D,E and K are fat soluble _____.

4. this can be used to season food.

5. This is an important nutrient in the making of muscle and tissue.

8. You can find this mineral in red meat,spinach,beans and chicken.

Word Bank

Nutrients	Salt	Milk
iron	fruit	calories
Water	Vitamins	Canadian Food Guide
Breakfast	Protein	Calcium

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