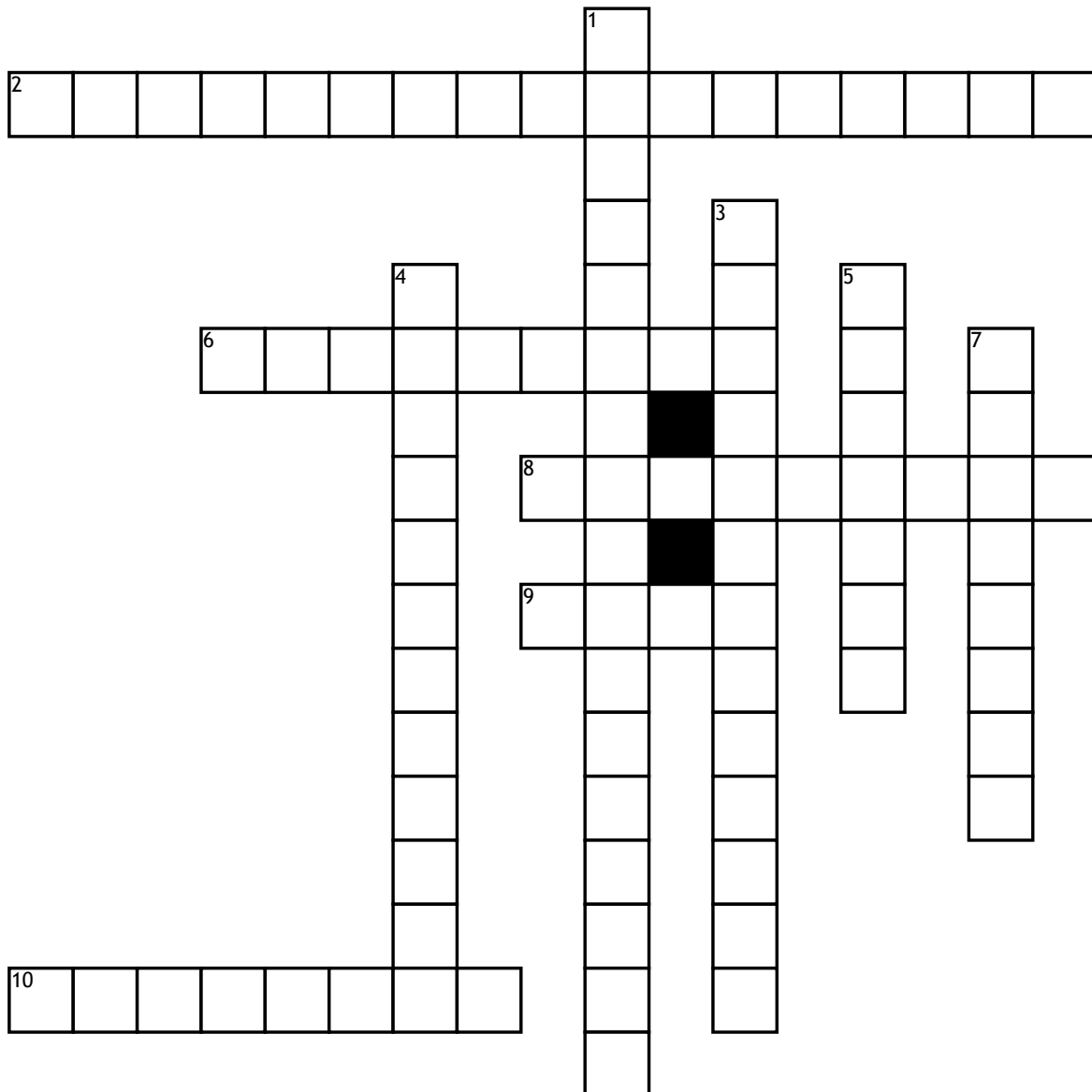


Name: _____

Date: _____

Healthy Eating



Across

- 2. A nutrition guide produced by Health Canada
- 6. The first meal of the day
- 8. A substance that provides nourishment essential for growth and the maintenance of life.
- 9. A white crystalline substance which gives seawater its characteristic taste and is used for seasoning or preserving food
- 10. A unit of heat used to indicate the amount of energy that foods will produce in the human body

Down

- 1. Fat molecules that have one unsaturated carbon bond in the molecule, this is also called a double bond

3. A type of fat containing a high proportion of fatty acid molecules without double bonds, considered to be less healthy in the diet than unsaturated fat.

4. Any one of various substances found in certain foods (such as bread, rice, and potatoes) that provide your body with heat and energy and are made of carbon, hydrogen, and oxygen

5. A solid inorganic substance of natural occurrence.

7. Any of a group of organic compounds which are essential for normal growth and nutrition and are required in small quantities in the diet because they cannot be synthesized by the body.