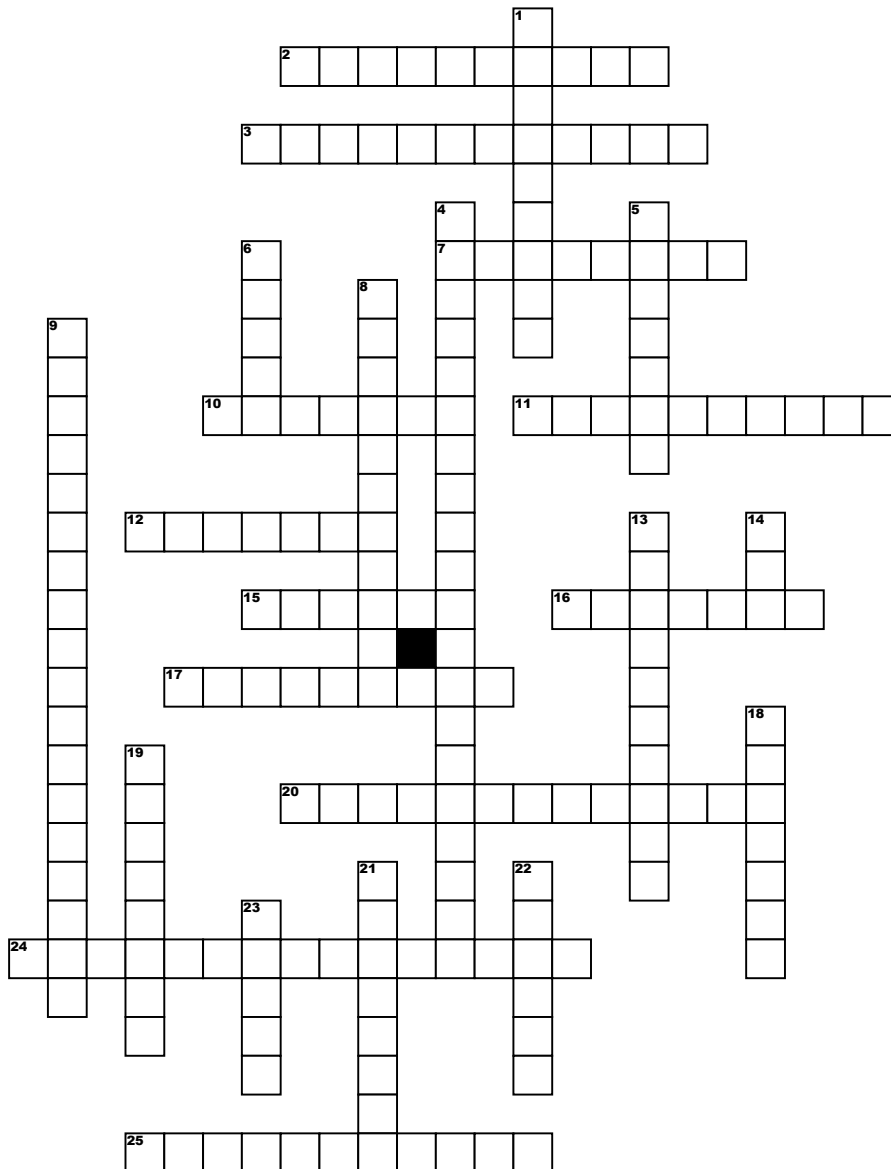


My Plate Vocab



Across

- 2.** The 5 groups foods can fall under.
- 3.** Comes from fruits, vegetables, grains, and beans.
- 7.** obstruction of an artery, typically by a clot of blood or an air bubble.
- 10.** Comes From Meats.
- 11.** the chemical processes that occur within a living organism in order to maintain life.
- 12.** one of the most common forms of sugar in food.
- 15.** is unable to eat sufficient food to meet basic nutritional needs.
- 16.** the condition of being grossly fat or overweight.

17. The process of providing or obtaining the food necessary for health and growth.

20. is an abnormal immune response to food.

24. is a vegetarian diet that includes dairy products.

25. something that completes or enhances something else when added to it.

Down

1. On the back of all drinks, and boxed foods.

4. The amounts of servings per box.

5. a solid inorganic substance of natural occurrence.

6. It is a plant-based nutrient.

8. below a weight considered normal or desirable.

9. is a vegetarian who does not eat any meat.

13. excessive or extra weight.

14. What is 2–5% in men, and 10–13% in women.

18. I am used to fix diabetes.

19. I have Two types and has to take insulin to fix.

21. a rare and potentially fatal illness caused by a toxin.

22. Come from Breads and Grains.

23. a person who does not eat or use animal products.