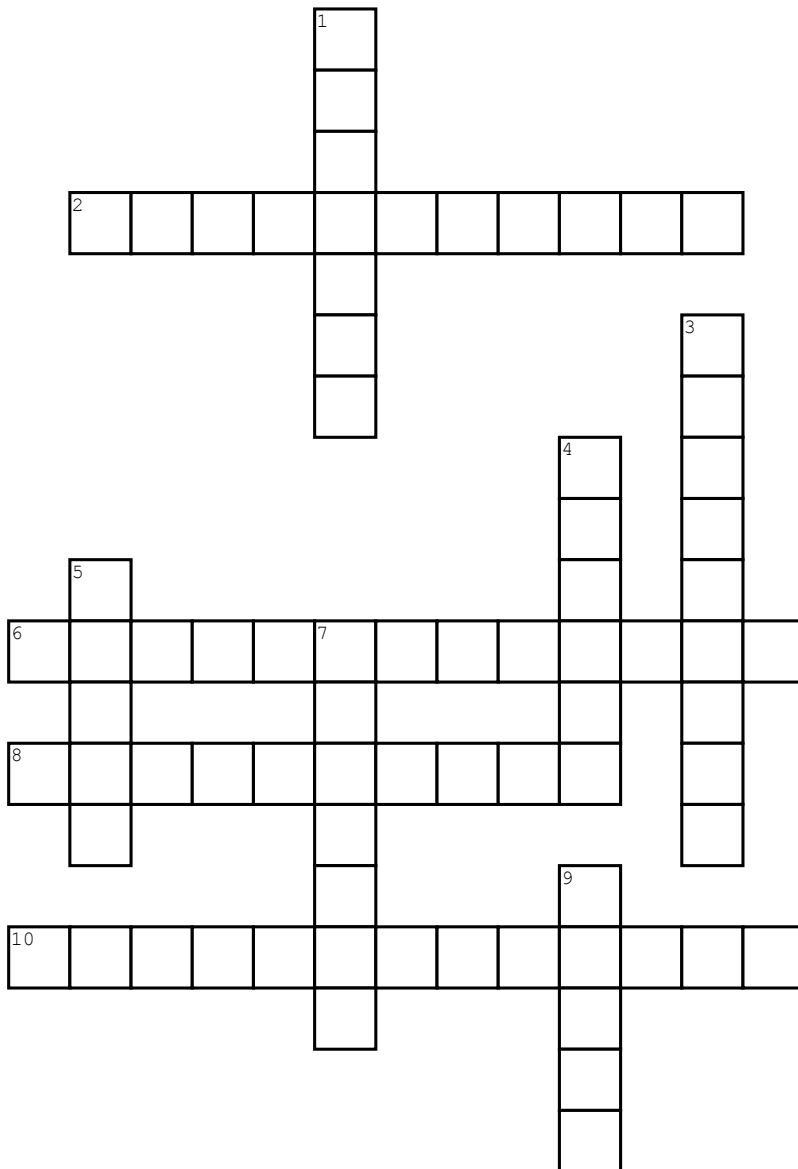


Name: _____

Nutrition



Across

2. A _____ provides all the nutrients we need in a day. The amount a child needs from each food group depends on age, gender and daily physical activity. Children who are very physically active, for example, need more than children who get little or no physical activity.
6. _____ are the main source of energy for your body.
8. You should eat at least 5 plus a day of fruit and _____.
10. Fiber consists mostly of _____.

Down

1. Seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds are called?
3. Nutrition is the study of _____ in food
4. Naturally occurring sugars, such as those in fruit and milk, are not added _____.
5. About 70 percent of the non-fat mass of the human body is _____.
7. There is no single food that can supply all the nutrients your body needs to stay _____.
9. _____ is the best drink and it's free