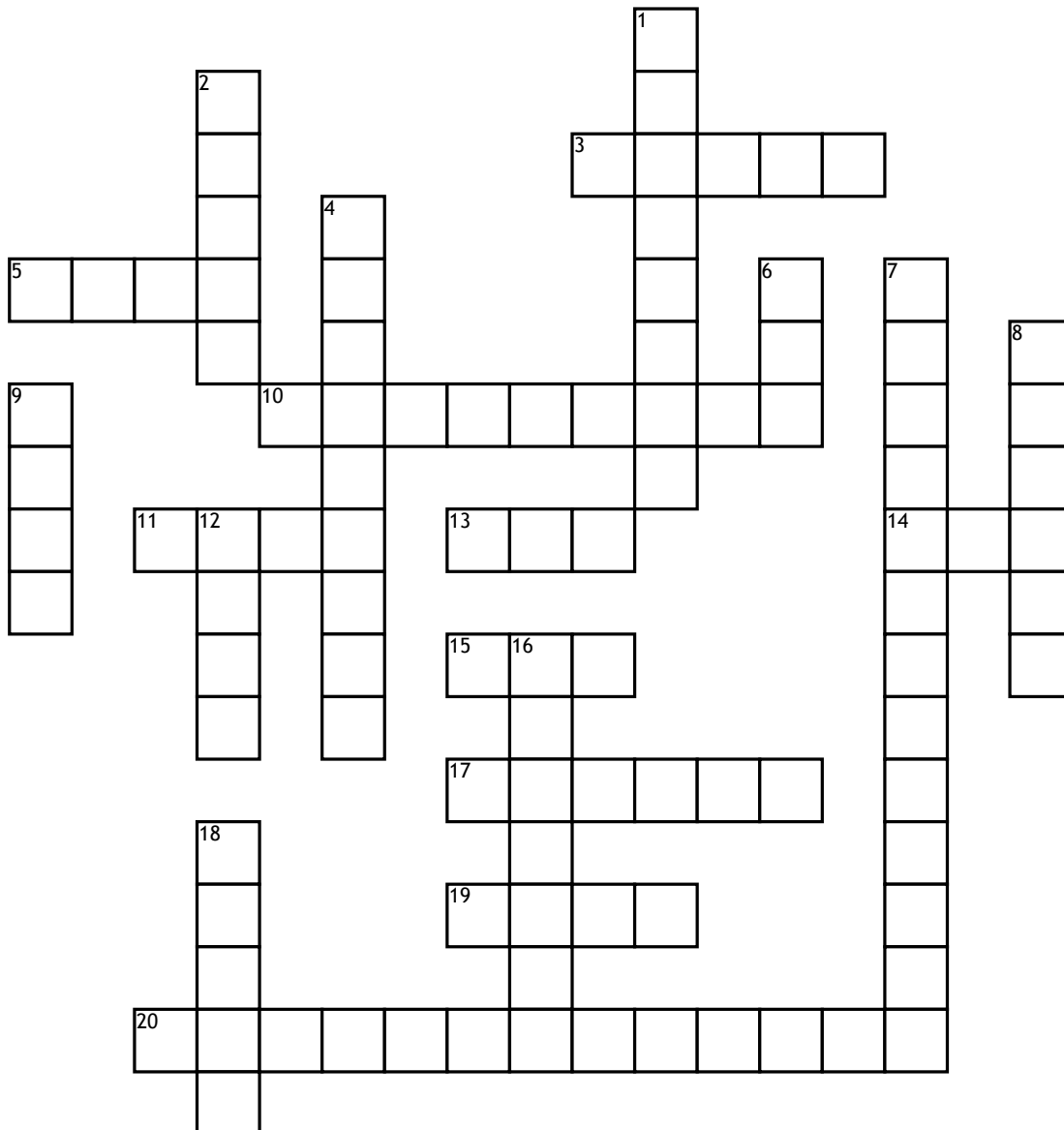


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrition



### Across

- 3. What food category does milk come under
- 5. A healthy \_\_\_\_\_ leads to a happier life
- 10. What is the most important meal of the day
- 11. Go for 2 and \_\_\_\_
- 13. It bread healthy
- 14. How many hours of excersize should a teenager have
- 15. When you eat sugar you get a high and then a \_\_\_\_\_
- 17. A carbohydrate that starts with C and you eat at breakfast

- 19. How many vegetables are you supposed to eat a day
- 20. What is the name for something that keeps your energy for a long time

### Down

- 1. What meats are a good source of protein (2 words)
- 2. What can happen if to you if you have a heart attack
- 4. A substance that provides nourishment essential for the maintenance of life and for growth

- 6. What thing causes kidney disease, heart disease and liver disease
- 7. What category does pasta come under
- 8. What is the main cause of sickness
- 9. How many calories should a 13 year old girl be having a day
- 12. Meat gives a good source of l\_\_\_\_\_
- 16. What does lots of fats in a diet cause
- 18. What is the word to describe someone who does not eat any animal products