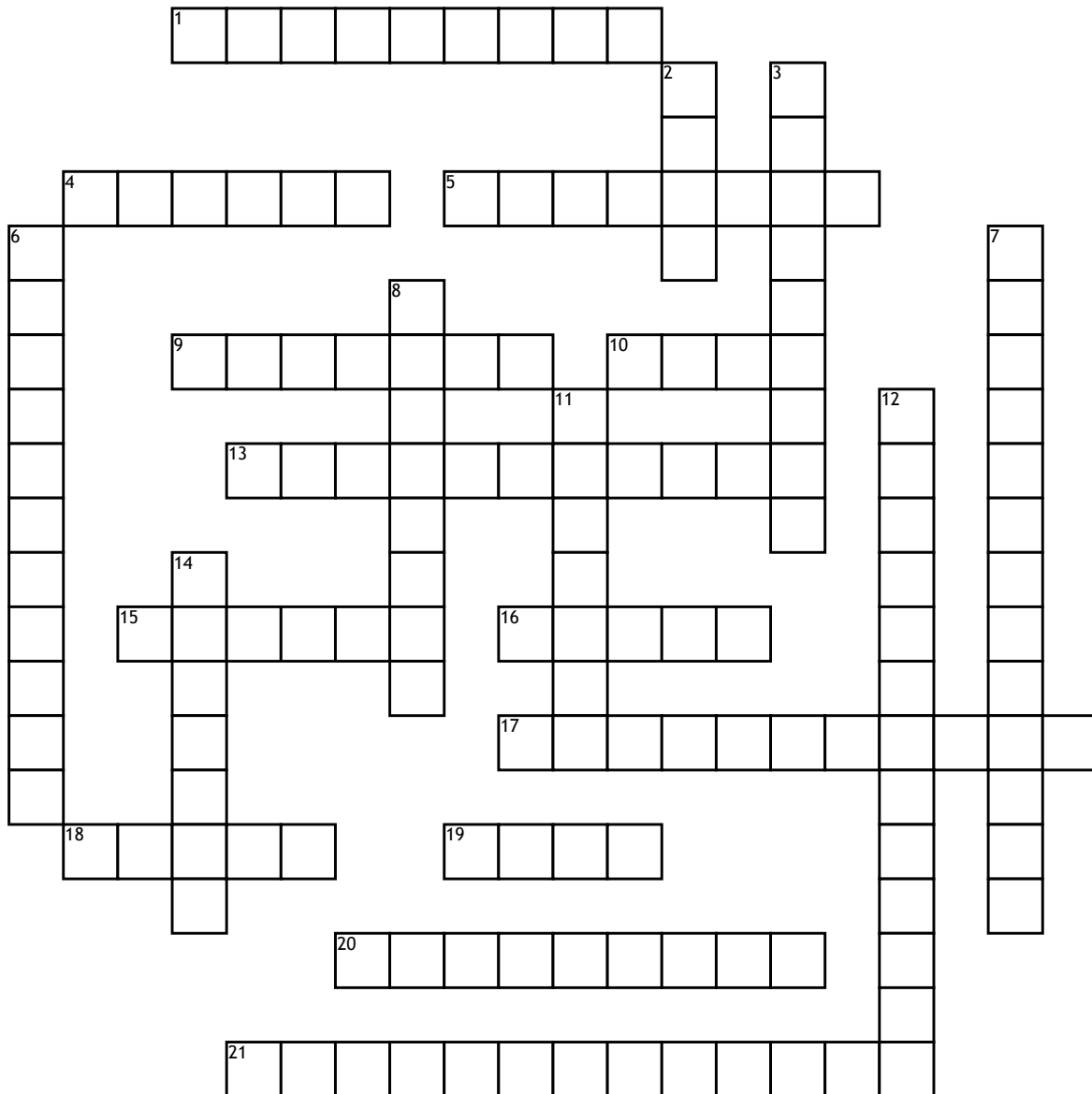


Name: _____

Date: _____

Nutrition



Across

1. These fats should be avoided in your diet. (two words)
4. The food groups include dairy, fruit, protein, vegetables and what else?
5. Hamburger, frenchfries and a shake have a lot of _____.
9. Cheese has a lot of this nutrient.
10. The person on your team who is the leader is the _____.
13. People who eat eggs, drink milk but don't eat meat are _____.
15. If you don't understand an assignment you should _____.

16. This is a protein substitute for vegans
17. This is a healthier choice for fat.
18. When your BMI is over 30 you may be considered _____.
19. What part of your daily intake allowance of grains should be whole grains?
20. This fat is solid at room temperature
21. Starches and sugars belong to this nutrient group

Down

2. Fat in a pan on the stove can cause a _____.

3. This is a common food allergen for adults
6. This is a waxy substance found in your blood
7. Foods that provide many nutrients and few calories (2 words)
8. Which nutrient group does sodium, potassium and magnesium belong to?
11. What food group does an egg belong to?
12. Foods that have a lot of calories and few nutrients (two words)
14. This is a good source of vitamin C