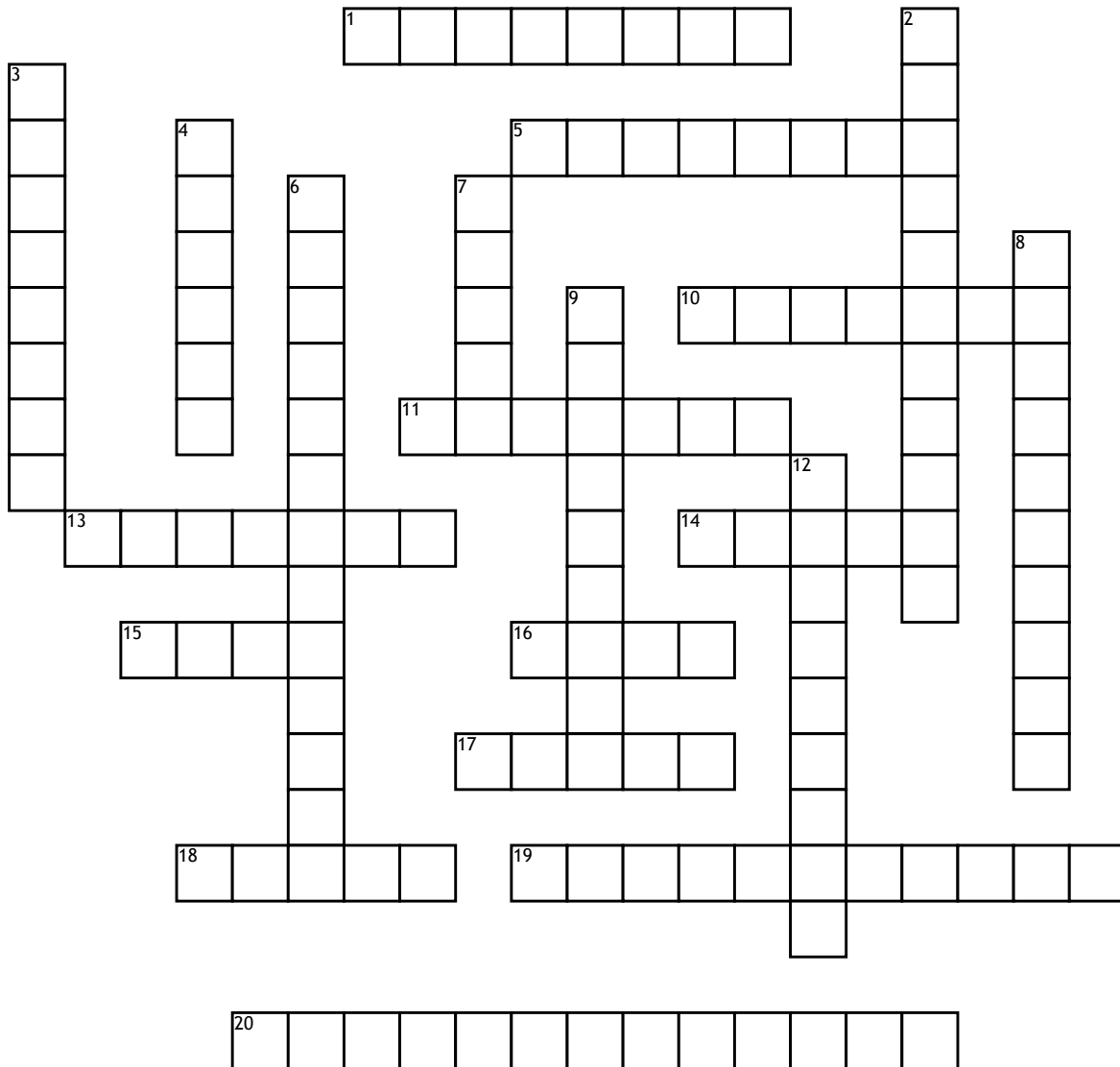


Name: \_\_\_\_\_

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

# Nutrition



## Across

- 1. Oranges are high in this
- 5. What people take to supplement their daily nutritional intake
- 10. It is a green leafy and comes in different varieties
- 11. Meat, fish and poultry is high in this
- 13. Milk, yogurt and cheese is high in this
- 14. How many meals are there in a day?
- 15. How many calories does water have?

- 16. A person does if they want to lose weight
- 17. A common citrus
- 18. Ice cream, cake and candy are high in this
- 19. It is what food provides us
- 20. Bread, pasta and potatoes are high in this

## Down

- 2. The name of a certain type of fat
- 3. We need to do this regularly to stay in shape
- 4. We eat this in between meals

- 6. We get this if we eat food that is contaminated
- 7. Our body requires 6 to 8 glasses of this every day
- 8. Peas, carrots and broccoli
- 9. Bananas are high in this
- 12. First meal of the day