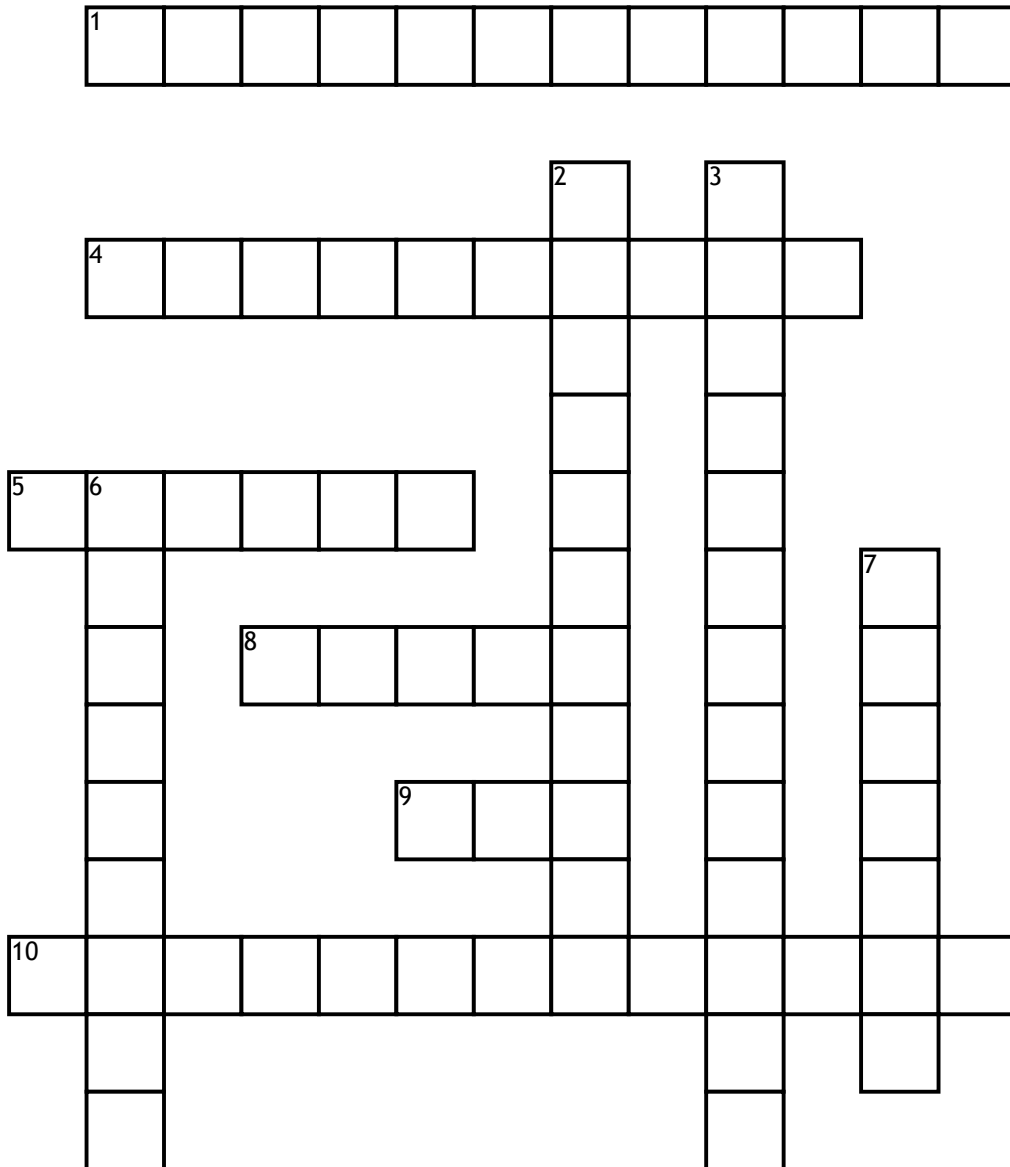


Name: _____

Nutrition Basics



Across

1. How many cups of water should males drink a day
4. The most common form of cancer
5. The stoppage of blood flow to the brain is called
8. Uncontrollable mass of tissue

9. Provides heat and energy for the body

10. Main source of energy

Down

2. Considered the good fats
3. Other sugars are called
6. Considered the bad fats
7. what kind of carbs should we eat more