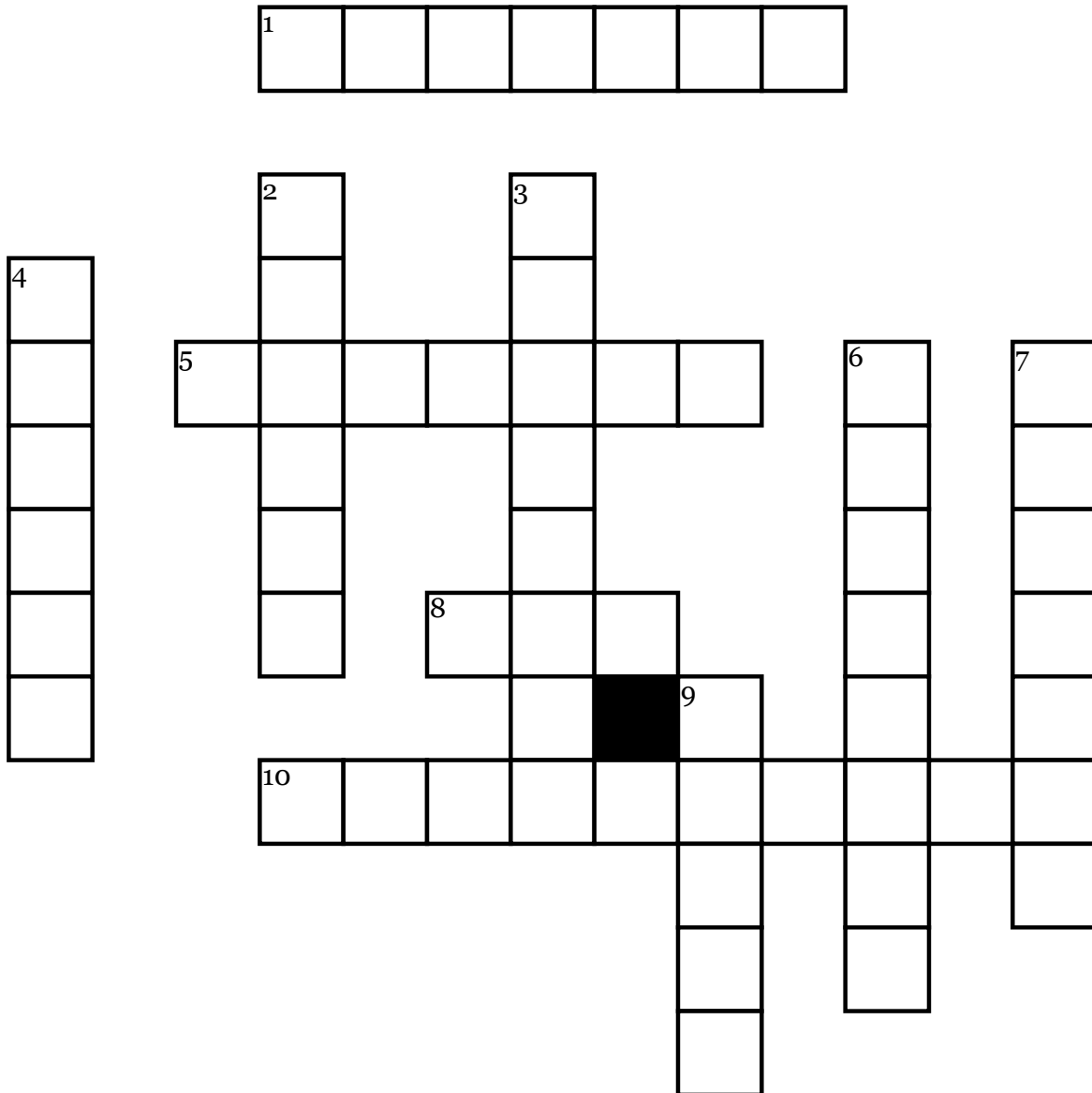


Name: \_\_\_\_\_

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

# Nutrition Crossword



## **Across**

- 1. Sources of this nutrient include meat, beans, eggs, fish, and nuts
- 5. Having variation in what you eat in your every day diet
- 8. Common form of public transportation
- 10. Comfort foods are okay to eat in...

## **Down**

- 2. Government benefits can provide you with food \_\_\_\_\_ for help with food security.

3. Eating more fruits and vegetables will reduce blood...

4. When cooking, use up what will \_\_\_\_\_ first.

6. Helps increase stamina, endurance, joint mobility, and overall health.

7. A way to help lower your grocery prices and get good deals

9. The food groups are fruits, vegetables, proteins, grains, and...