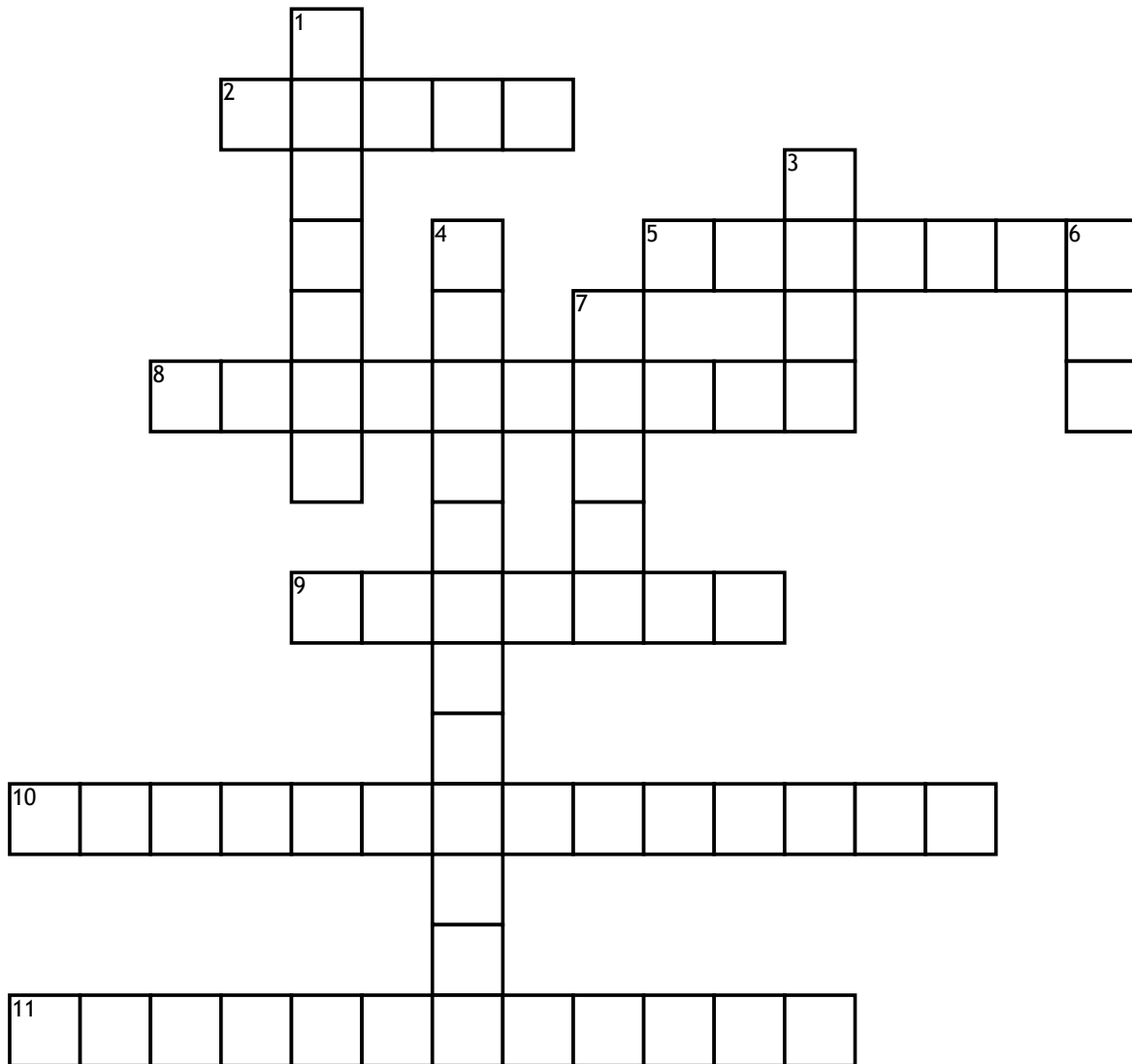


Name: _____

Date: _____

Nutrition Crossword



Across

2. This makes up about 60% of body weight
5. This p is a macronutrient
8. This is one of your five a day
9. Shellfish, peanuts and wheat can be the cause of this
10. these are necessary for health, but consumed in small amounts
11. This can be linked to salt intake

Down

1. This c is found in dairy products
3. calcium is needed for good xxxx health
4. It can help show if you have too much on your plate
6. This macronutrient is a "head" of the game
7. It is not sweet for your teeth