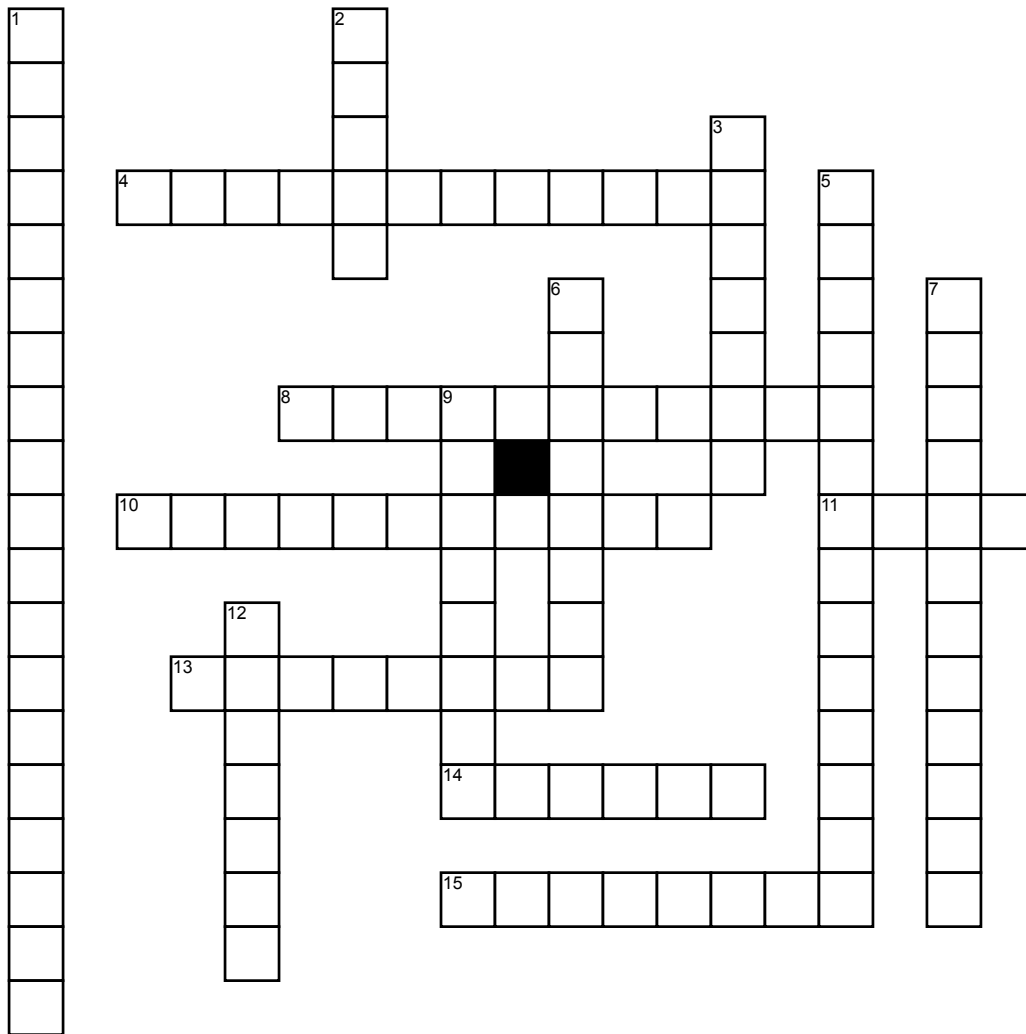


Name: _____

Date: _____

Nutrition Facts Crossword



Across

- 4. Provides calories or energy ready for your muscles and brain to use
- 8. Measured amount of food or drink
- 10. Helps to make cell membranes and vitamin D
- 11. Produces red blood cells
- 13. One of the first things you look at on a facts table

14. Different word for salt

15. There's fat and then there's _____ fat

Down

- 1. Provides you with information on the calories and 13 nutrients
- 2. Lowers blood cholesterol
- 3. In meat, milk, eggs and beans

5. Shows what's in a packaged food

6. Calcium and iron

7. Provides calories or energy ready for your muscles to use

9. Considered essential nutrients and are good for you

12. Builds healthy bones and teeth

Word Bank

Nutritionfactstable
Sodium
Iron
Trans fat

Calcium
Ingredientlist
Cholesterol
Protein

Fibre
Vitamins
Naturalsugar
Servingsize

Minerals
Calories
Carbohydrate