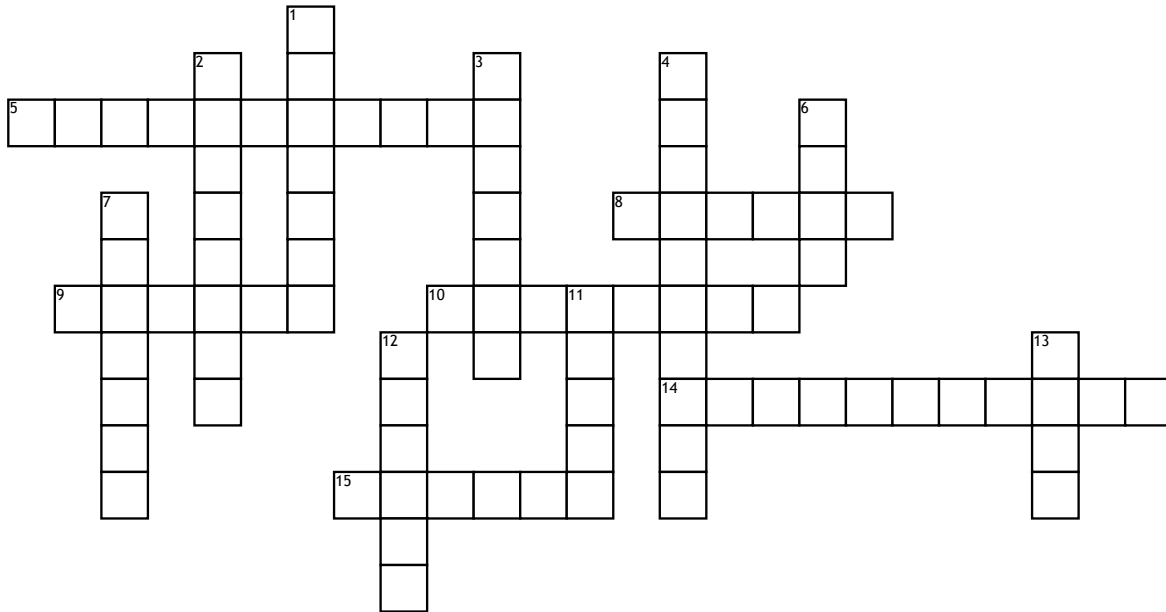


Name: \_\_\_\_\_

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

# Nutrition Fun Facts!



## Across

5. Looks similar to broccoli, but is white.
8. A root vegetable containing vitamin A.
9. Table salt is made up of \_\_\_\_\_ Chloride.
10. A vitamin that you can get from the sun.
14. A berry that contains antioxidants.
15. A fruit that contains vitamin c and is juiced for a morning beverage.

## Down

1. A mineral found in milk that keeps your bones strong.
2. \_\_\_\_\_ and minerals are called micronutrients.
3. Carbohydrates, \_\_\_\_\_, and fats make up the 3 macronutrients.
4. An energy boosting vitamin found in animal products.
6. A mineral found in red meats.

7. A popular green fruit to put on savory toast.
11. a(n) \_\_\_\_\_ a day keeps the doctors away.
12. A disease caused by a vitamin c deficiency commonly found in pirates at sea.
13. An animal protein that is high in omega-3 (healthy fats).