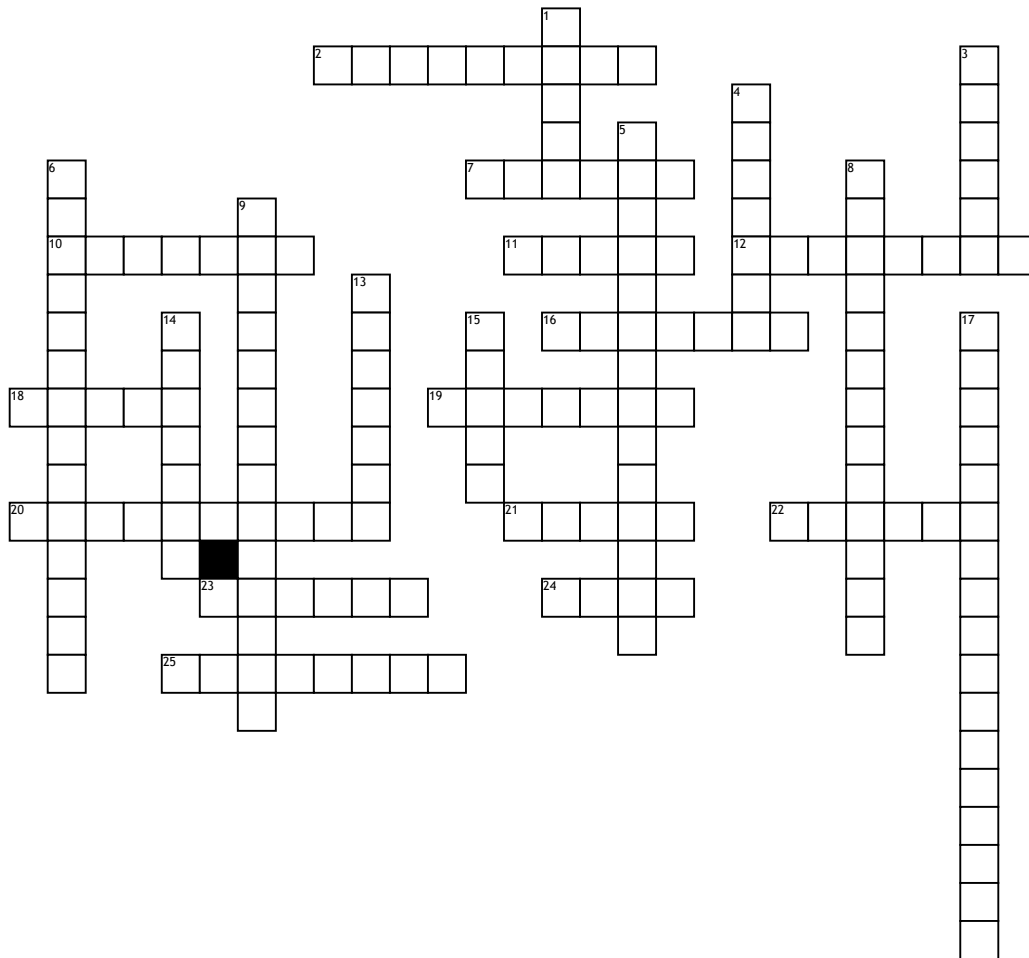


Nutrition Word Cross Puzzle



Across

- 2. In order for your brain to start working in the morning you must eat _____?
- 7. _____ is when you do exercise without weights that make you sweat.
- 10. _____ is an example of a protein?
- 11. Cheese is an example of _____.
- 12. What will help keep your bodies healthy?
- 16. _____ is an example of exercise.
- 18. Fruits have _____ in them.
- 19. Lifting _____ helps build muscles.
- 20. Playing _____ all day will not help you stay healthy.

- 21. The nutritional choices I am making today will affect me when I am _____.
 - 22. Rice and quinoa are examples of _____.
 - 23. Carbohydrates give you _____?
 - 24. Peanut butter and avocado are examples of healthy _____?
 - 25. It is okay to eat _____ every so often.
- Down**
- 1. Drinking _____ helps you have skin clear?
 - 3. You should look at the _____ of foods before eating them.
 - 4. _____ is good to eat after working out because it builds strong muscles?

- 5. Vitamins and minerals are examples of _____.
- 6. Proteins, fats, and carbohydrates are _____.
- 8. What type of food are bread and grains?
- 9. _____ is the best way to build muscle and lose fat.
- 13. _____ helps strengthen your vision.
- 14. When eating snacks people should make sure they are reading the _____ sizes of each food.
- 15. _____ is very important to be able to function and do well in school?
- 17. If you cannot drink milk or cheese you may be _____.

Word Bank

- | | | | | |
|----------|-------------|--------------------|-----------------|-----------------|
| Dairy | running | Protein | energy | junk food |
| weights | labels | grains | sleep | Chicken |
| older | video games | breakfast | water | macro-nutrients |
| exercise | sugar | carbohydrates | weight training | portion |
| carrots | cardio | Lactose Intolerant | micronutrients | fats |