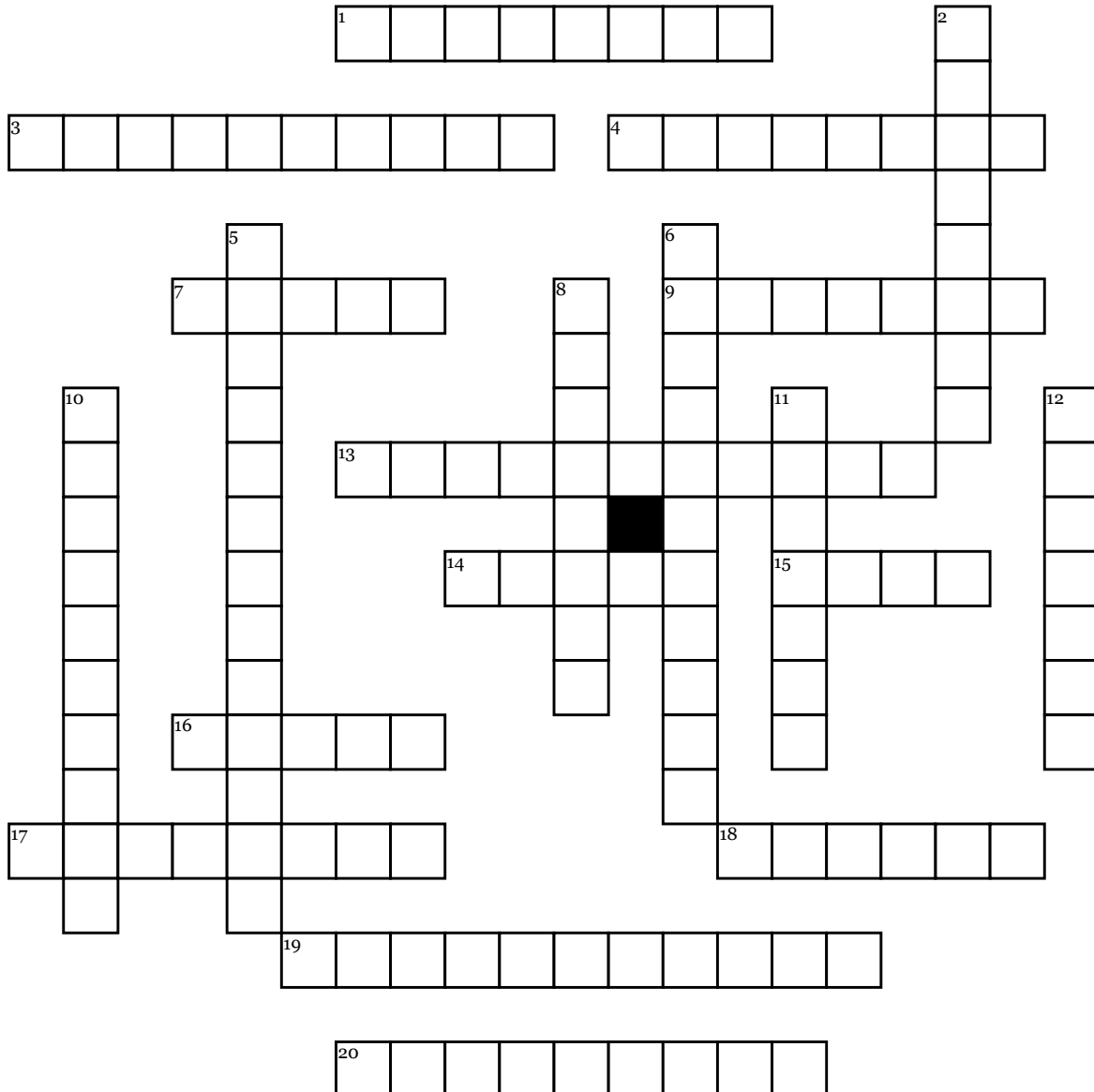


Nutrition



Across

- 1. What is a type of unhealthy cereal
- 3. What is used to measure the amount of sugar in food
- 4. What happens when you eat to much sugar
- 7. What food group does milk come from
- 9. What is a good source of iron
- 13. Butter is high in what
- 14. What is it called when you don't eat any animal byproducts

- 15. What is a vegans source of protein
- 16. What is the most important liquid to the body
- 17. What is found in coffee that gives you energy
- 18. Some people are _____ free
- 19. What happens when you don't drink enough water
- 20. What does eating a banana replace, when you sweat

Down

- 2. What is a type of healthy cereal

- 5. What food group does bread come from
- 6. What food group does carrots come from
- 8. Some people have reactions to food which causes them to have a _____ reaction
- 10. What is it called when you don't eat meat
- 11. What food group does egg come from
- 12. What is found in dairy products