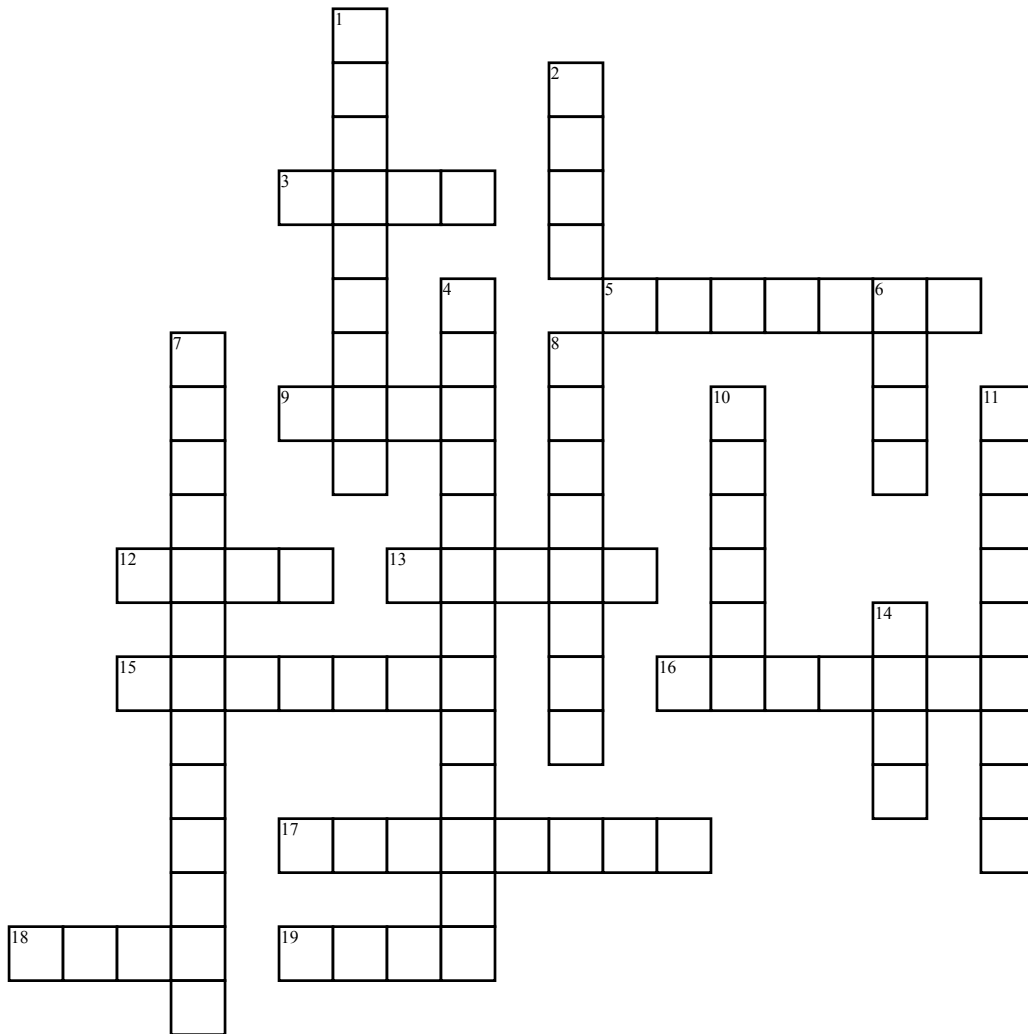


Nutrition



Across

- 3. MyPlate replaced the Food Pyramid in 2011. True or False?
- 5. How the U.S. government measures nutrition in the year 2018.
- 9. One gram of protein has ____ calories.
- 12. One gram of carbohydrate has ____ calories.
- 13. There are ____ macronutrients.
- 15. The Food Pyramid is in the shape of a _____.

- 16. Vegan diets do not allow products from _____.
- 17. One of the macronutrients is _____.
- 18. One gram of fat has ____ calories.
- 19. One of the macronutrients is _____.

Down

- 1. Eating the nutrients necessary for growth.
- 2. A major driving force of deforestation and a type of oil.
- 4. One of the macronutrients is _____.

- 6. The Food Pyramid began in 1992. True or False?
- 7. The Atkins diet omits _____.
- 8. There is a section for _____ on MyPlate.
- 10. Paleo diets do not allow dairy or _____.
- 11. Many believe being vegan is _____, but it is actually cost-effective.
- 14. Some may argue that this type of food isn't available to vegans.

Word Bank

- | | | | | |
|---------------|---------------|-----------|----------|----------|
| Four | Carbohydrates | expensive | Proteins | proteins |
| carbohydrates | Myplate | fats | Four | nine |
| Palm | Nutrition | True | animals | Three |
| Pyramid | True | Gluten | Fast | |