

Name: _____

Date: _____

Nutrition and Physical Activity

M E R U T I D N E P X E C I R O L A C E B F M S
Z O P I Q J D L D G O B E S I T Y N S E R U S G
H U C Z A X Z I W N R I X V L F X U L K M N K D
P S H A Z L H I E W Q N Z D P O F T A F K A U P
A D V W B D T V V T P G E H N L M R R E F I N O
C A R B O H Y D R A T E S W S I P I E E O R N R
P D A R H L L Q S N D E X W G C X E N V F A O T
H I I F G D K S M G Z A I E A A I N I N H T I I
A E M O S H J W U O A T V E R C D T M W Z E T O
I T I R D B E V Q A V I P C T I E S W M I G I N
Z A L T O O K I C L L N U U P D R L X Y S E R S
F R U I O D U T X P Z G R P S C T U G C P V T I
O Y B F F Y A A F C X J W T A F S N A R T B U Z
A G A I D C U M Z B Q E Z I S G N I V R E S N E
Y U I E E O E I D T A I H P R O M S Y D Y D O B
W I X D H M X N K W C A L O R I C I N T A K E I
T D E F C P R S L S O R Q J H P E R O C K S O H
A E R O I O H Y D R O G E N A T E D O I L S W I
R L O O R S X V L P N U V T Z L J T F R M N L G
K I N D N I N U T R I T I O N F O O D F A C T S
V N A S E T D T U U T A F D E T A R U T A S J H
G E W D X I K Q T H N J D E H Y D R A T I O N Z
U S C U I O O G J J V I V R R C O C A L O R I E
T M W L V N O W D C Y E A E T A L P Y M W E B G

USDA Dietary Guidelines

Anorexia Bulimia

Caloric intake

Binge Eating

Folic acid

Nutrition

Calorie

Nutrition Food Facts

Body Composition

Enriched foods

Portion size

Vegetarian

Trans Fat

MyPlate

Caloric Expenditure

Body Dysmorphia

Carbohydrates

Serving size

HPE ROCKS

Minerals

Obesity

Hydrogenated oils

Fortified foods

Saturated Fat

Dehydration

Nutrients

Vitamins

Diet