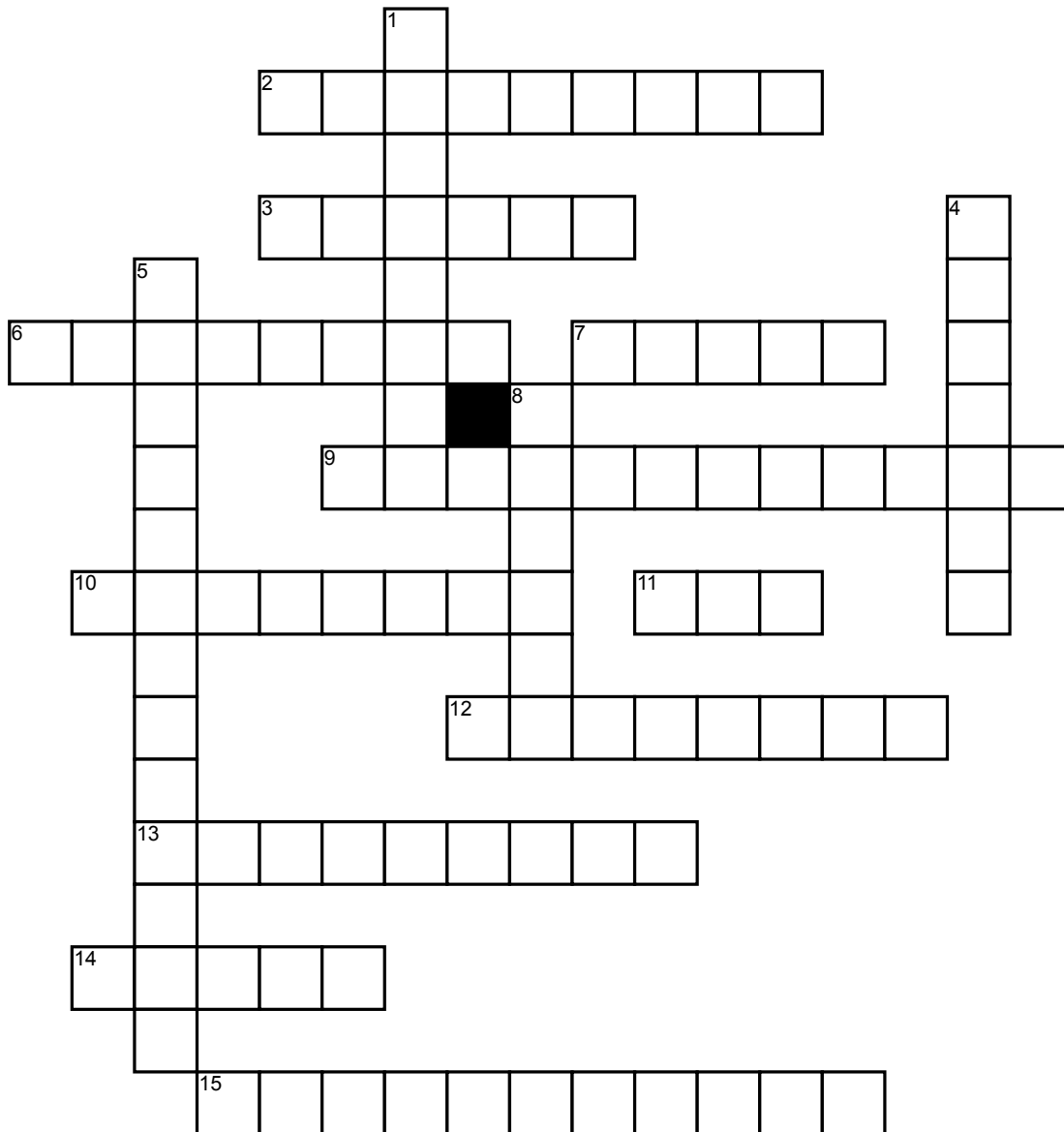


Name: \_\_\_\_\_

# Nutritional Lifestyle



## **Across**

- 2. Most important meal of the day.
- 3. Green leafy vegetables are a good source of...
- 6. Not eating breakfast causes a higher risk of...
- 7. No animal products.
- 9. Major problem in older people. (especially women)
- 10. Feeding the body nutrients that it needs to survive.

- 11. During the last 3 months of pregnancy, women need an additional \_\_\_ calories per day.
- 12. Feeding the body during stressful times.
- 13. Nut, shellfish, soy, dairy, wheat.
- 14. Healthy foods are needed for rapid cell division and growth in the \_\_\_\_\_
- 15. Kraft dinner is an example of a \_\_\_\_\_

## **Down**

- 1. Taking responsibility for your own health is...
- 4. Avoiding certain foods and eating healthy meals.
- 5. What food is important to eat before sports
- 8. The mother's diet can influence the \_\_\_\_\_ of the baby.