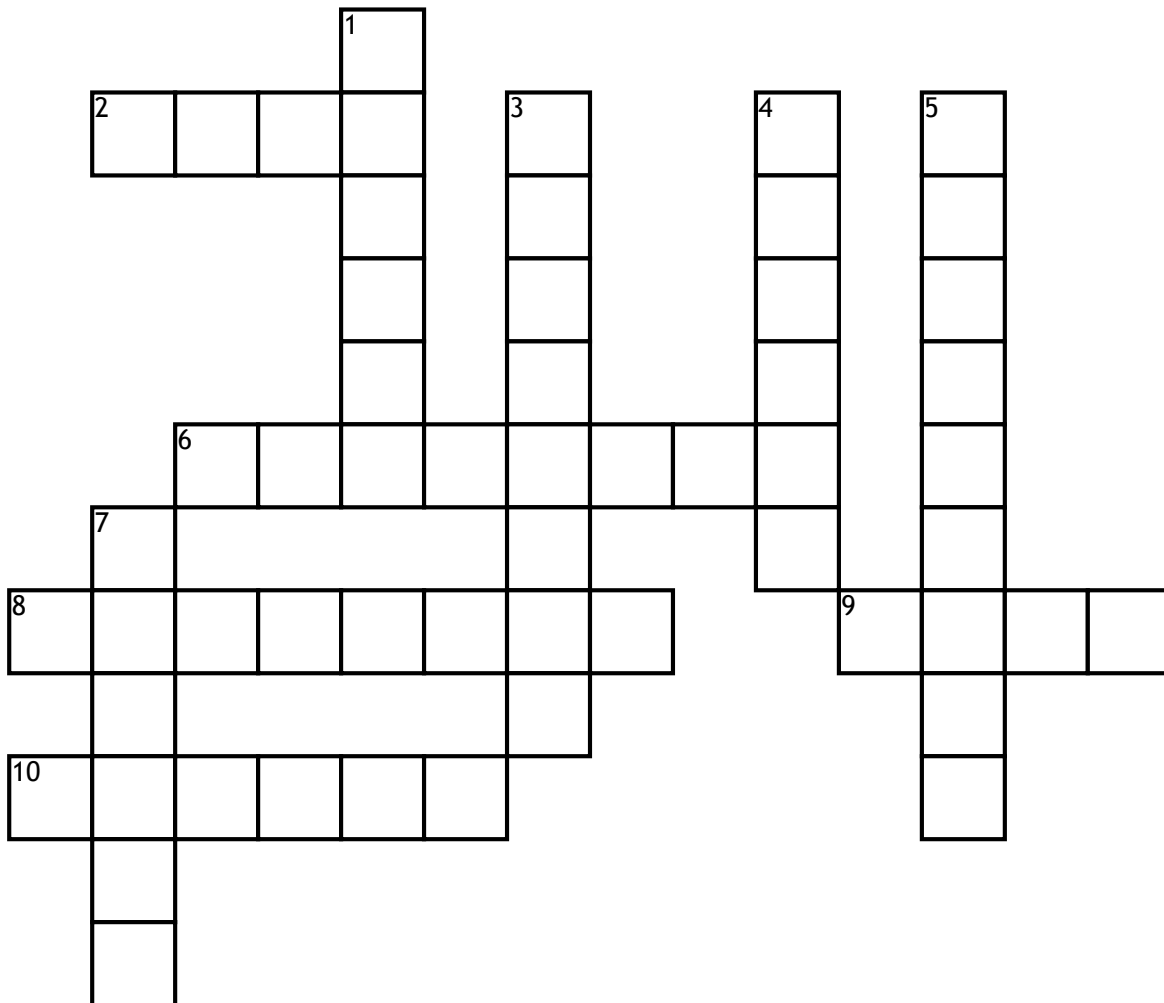


Name: _____

Date: _____

Nutrition



Across

- 2. The amount of fruit and vegetable portions you should eat a day
- 6. This vitamin can be found in carrots
- 8. We need these to help with healthy muscle growth
- 9. A healthy body can also mean a healthy what?
- 10. A carb which provides a quick spike of energy

Down

- 1. A balanced diet can help what ?
- 3. This vitamin can help our immune system
- 4. This is a type of fat needed to keep the heart healthy
- 5. Having enough water helps with this
- 7. Complex carbohydrates can be found in these