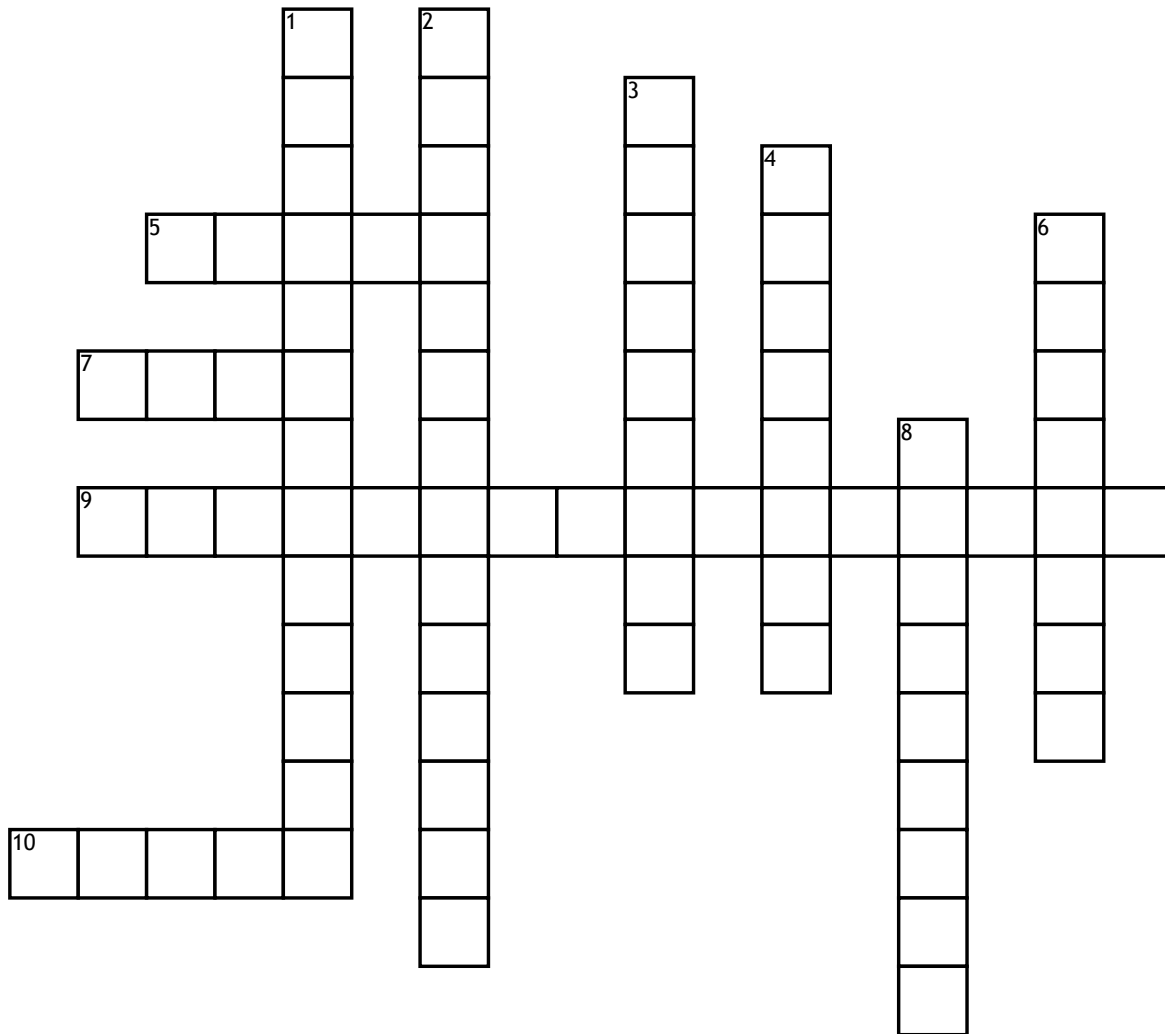


Personal Health - Food



Across

5. This nutrient helps us move food through our digestive system
7. What must you do with vegetables, cutting knives, and cutting boards?
9. What slows down the growth of harmful microscopic organisms?
10. A food group including poultry, fish and alternatives (nuts)

Down

1. This nutrient, a starch or sugar, provides energy.
2. Tell us what food or product is made of starting with most used item
3. A microscopic organism causing illness, food poisoning
4. A nutrient that helps my body grow, be strong, and function normally
6. Help my body build and repair cells
8. Comes from food we eat giving us energy and keeping us healthy