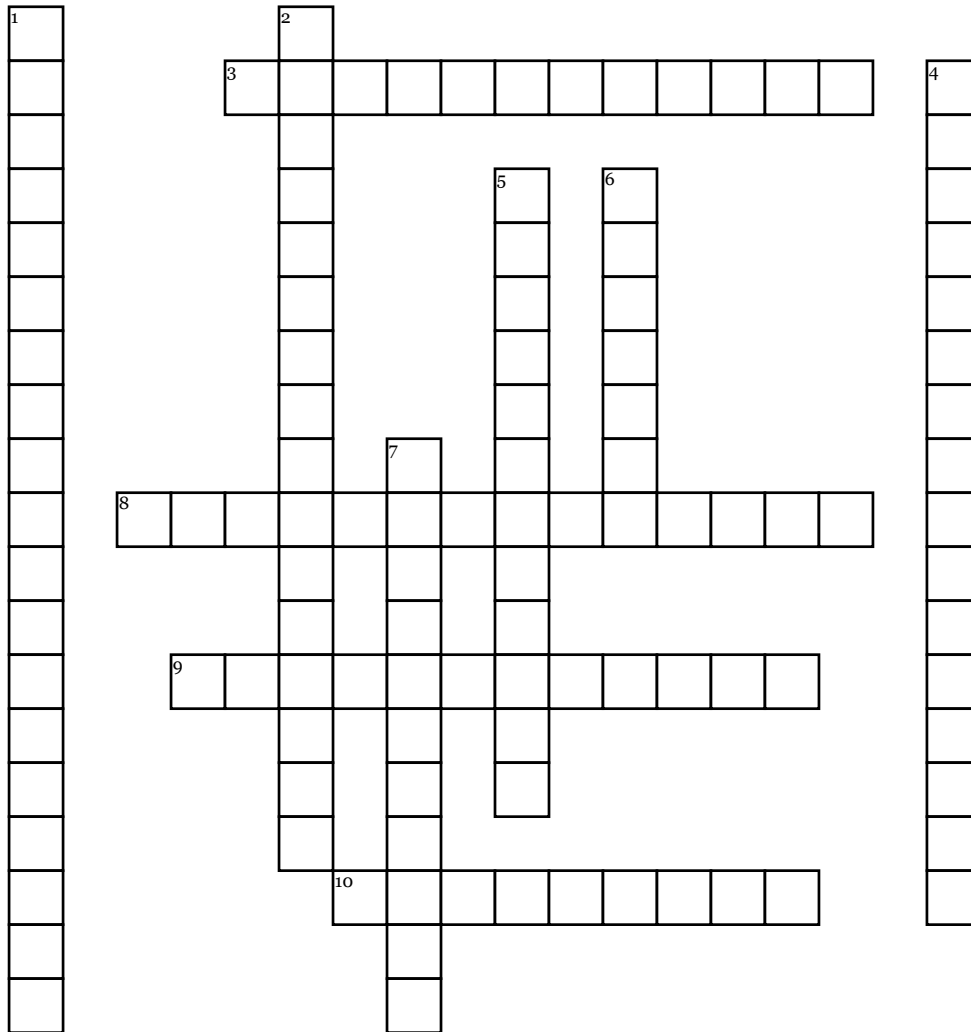


# Unit 4 crossword puzzle



**Across**

- 3.** the amount of food, measured in calories or weight, apportioned as a serving at a meal
- 8.** the act or process of making a healthful version without sacrificing flavor
- 9.** a person who studies or is an expert in nutrition. Certified nutritionist specialist status available after obtaining a master's degree
- 10.** a health profession who has a university qualifications consisting of a 4-year bachelor degree in nutrition and dietetics or a 3 year science degree followed by a masters degree in nutrition and dietetics

**Down**

- 1.** an ongoing process in which a health professional, using a nutrition counselor may ask the client how often he or she consumes certain food groups
- 2.** the act or process of replacing one food for another
- 4.** a balanced meal that contains appropriate selections from the five major food groups according to ChooseMyPlate.gov
- 5.** the process of organizing meals ahead of time
- 6.** a unit of energy and plays a role in your weight and health status
- 7.** the amount of food or drink that is generally served

**Word Bank**

- |                      |                 |                    |
|----------------------|-----------------|--------------------|
| menu planning        | calorie         | nutritionist       |
| nutrition counseling | recipe makeover | food substitution  |
| portion sizes        | serving size    | well-balanced menu |
| Dietician            |                 |                    |