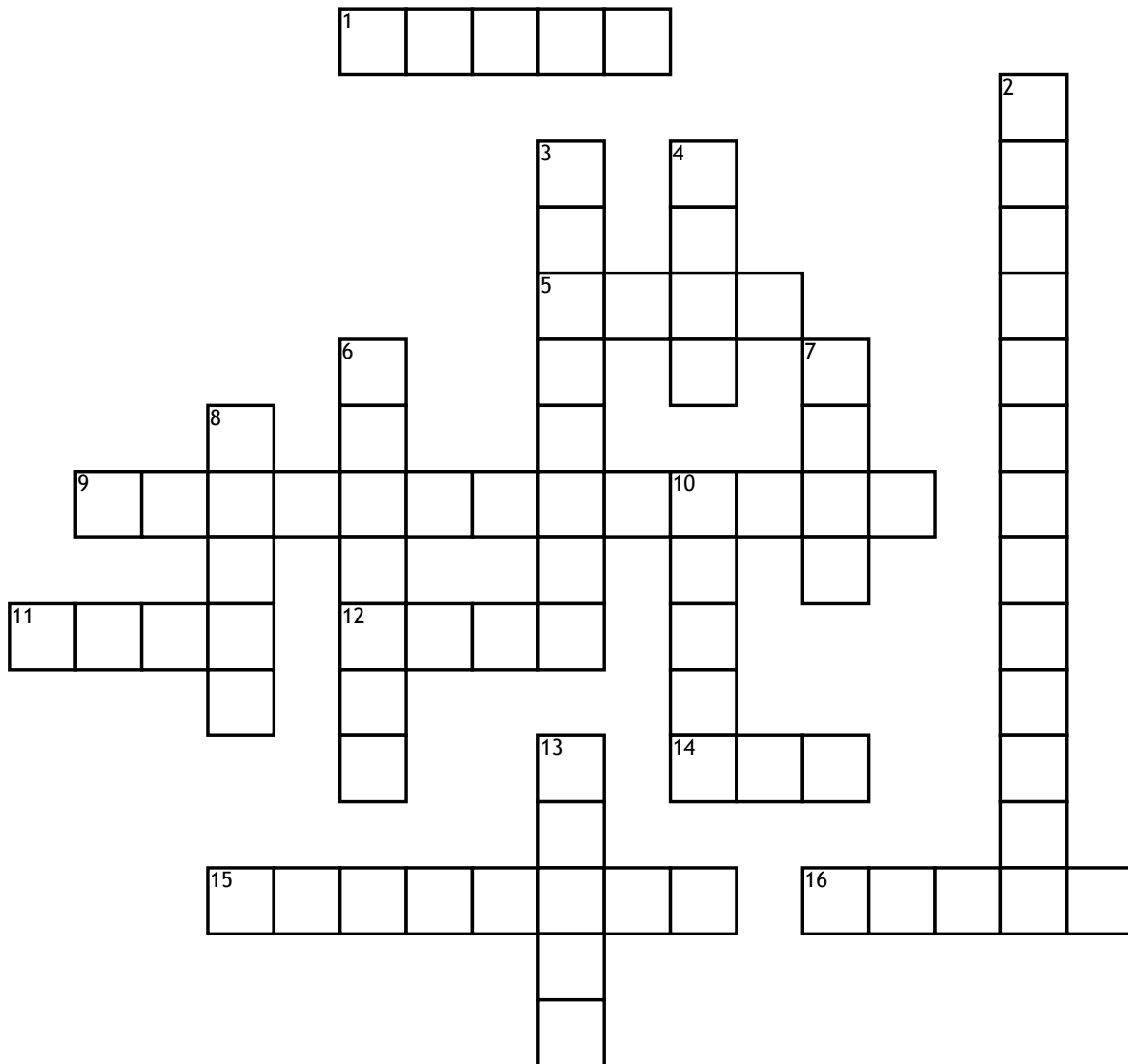


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# food groups crossword



## Across

1. Bad for your teeth
5. A good source of carbohydrates
9. What is the bodies main source of energy in a healthy diet?
11. A fruit high in vitamin c
12. A food high in vitamin A

14. A colour that means your food is unhealthy in the food traffic light system
15. A food high in saturated fats
16. A colour that means your food is healthy in the food traffic light system

## Down

2. A bad source of carbohydrates
3. A good source of monounsaturated fats
4. What helps your body absorb vitamins?
6. What does your body use to make enzymes?
7. A food high in protein?
8. You should have five of these a day
10. A colour that means your food is neither high or low in the food traffic light system
13. A source a calcium