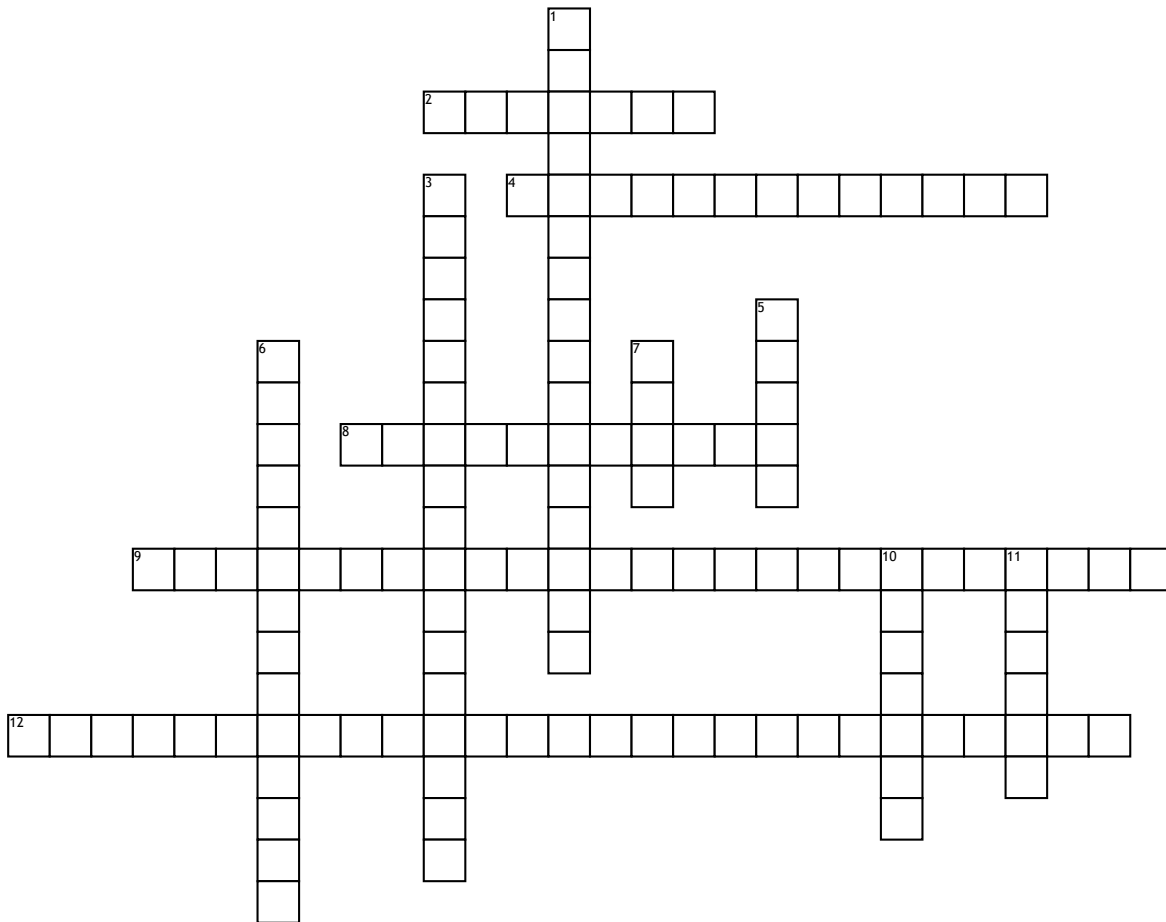


Name: _____

Date: _____

health eating



Across

- 2. 20% of our adult height and 50% of our adult weight are gained during these growth spurts
- 4. Our primary source of energy
- 8. How much you eat in one sitting
- 9. average fat intake

12. average carbohydrates intake

Down

- 1. reduce calories by decreasing fat and sugar intake
- 3. fruits & vegetables, meat & alternatives, milk products and grain products

5. a macronutrient that you drink

- 6. big group of nutrients
- 7. meat alternative that has omega 3 fat in it
- 10. Needed for a healthy immune system
- 11. something you drink that has a high caffeine solution