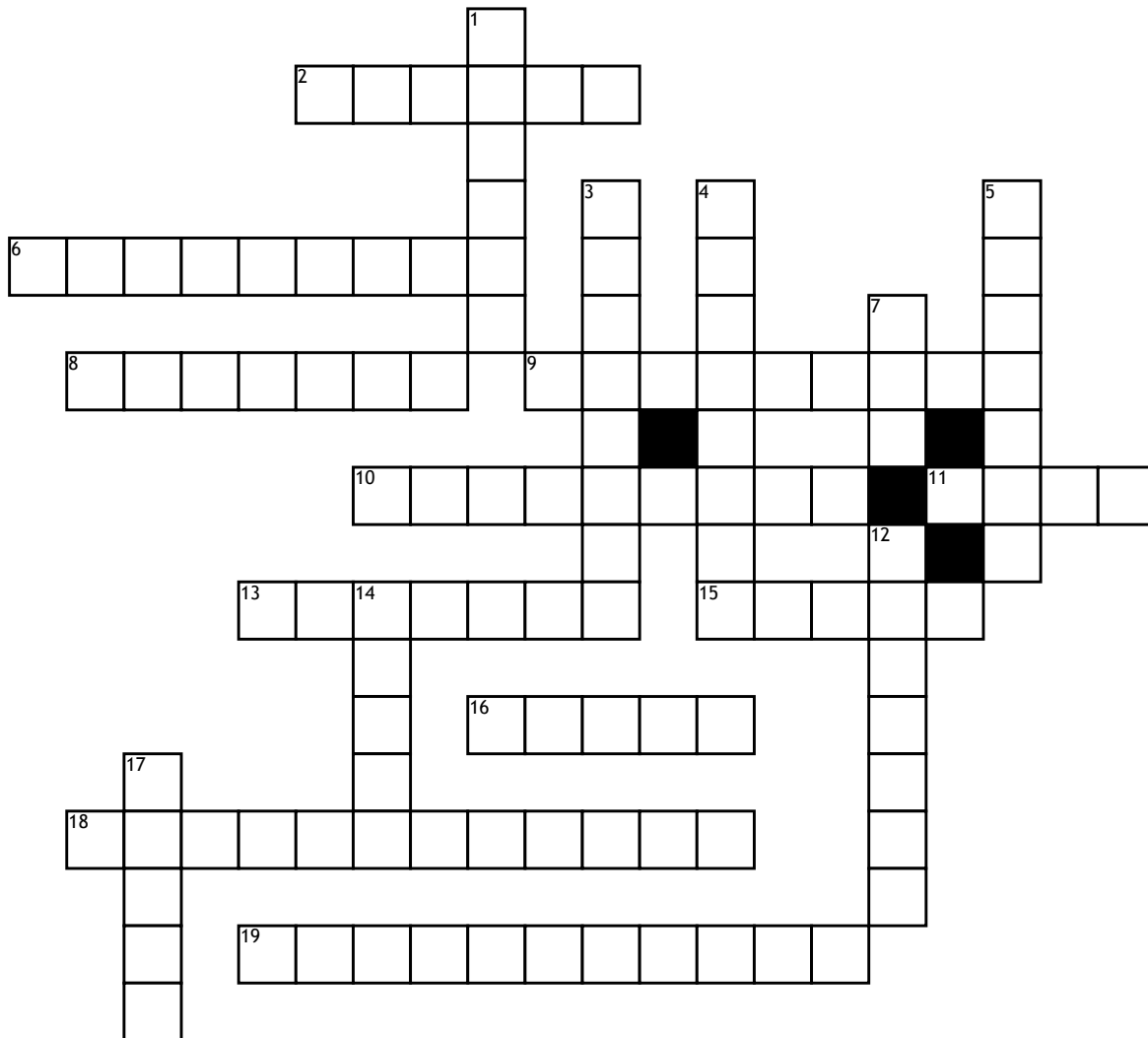


Name: _____

Date: _____

nutrition



Across

- 2. This occurs abundantly in natural compounds, especially salt and water.
- 6. A plant or part of a plant used as food.
- 8. A key building block for strong and healthy bones
- 9. Most important meal of the day.
- 10. Obtaining the food necessary for health and growth.
- 11. A white fluid rich in fat and protein, you can get this from animals such as cows.

13. Different elements are equal or in correct proportions

- 15. Main ingredient in candy.
- 16. Influences the digestion process from start to finish.
- 18. Two main types of this are sugar and starches.
- 19. A type of fat found in your blood.

Down

- 1. Last meal of the day
- 3. You should do this for 60 minutes every day.

4. Organic compounds that are essential for normal growth and nutrition. These are required in small quantities.

- 5. This is found in foods such as steak and chicken
- 7. Also known as triglycerides.
- 12. Unit of energy that is gained by eating and drinking different foods.
- 14. A meal eaten in the middle of the day.
- 17. Transparent liquid that people should drink every day.