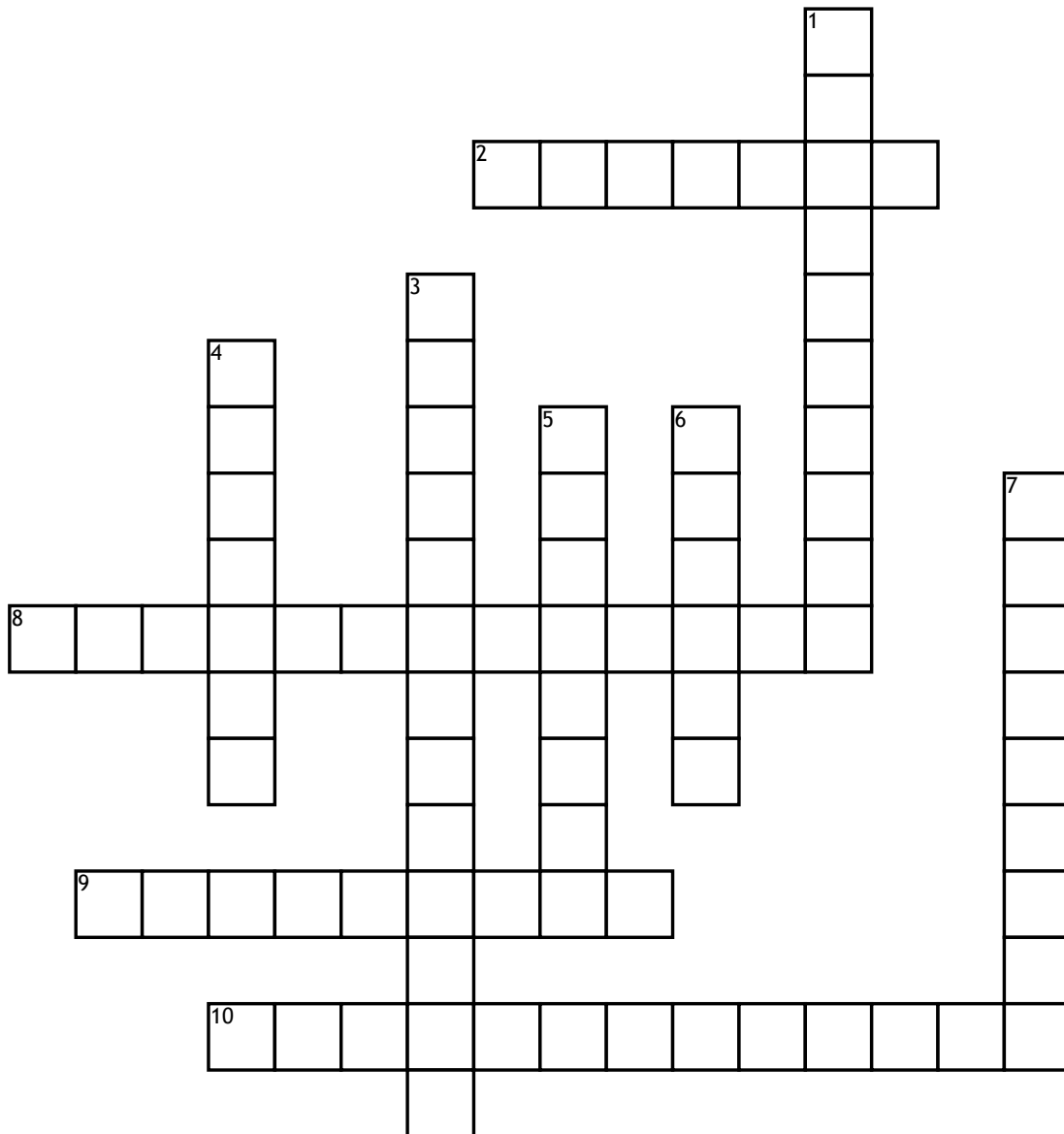


Name: _____

Date: _____

Dietary Guidelines



Across

2. a part of a whole; amount, section, or piece of something.

8. when high in calories but low in nutrients

9. The most important meal of the day

10. Foods that are high in calories, but low in nutrients.

Down

1. Collection of foods that share similar nutritional properties or biological classification. They recommend a daily serving of each every day.

3. a type of fat containing a high proportion of fatty acid molecules without double bonds, considered to be less healthy than unsaturated fats

4. When you eat blank, you have nutrients and will become strong.

5. The energy needed to raise the temperature of 1 gram of water through 1 C

6. Lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3-4 mph.

7. a substance that provides nourishment essential for growth and the maintenance for life