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## Food



## Across

5. First important meal of day (9)
6. Body form to avoid (7)
7. Aim of good eating (7)
8. Measure of food intake
9. Eating plan (4)
10. Quick, but avoid $(4,4)$

## Down

1. Italian staple food (5)
2. One of the five from the ground (9)
3. Potato food group (12)
4. Grows on trees, one of the five (5)
5. Saturated or Unsaturated (3)
