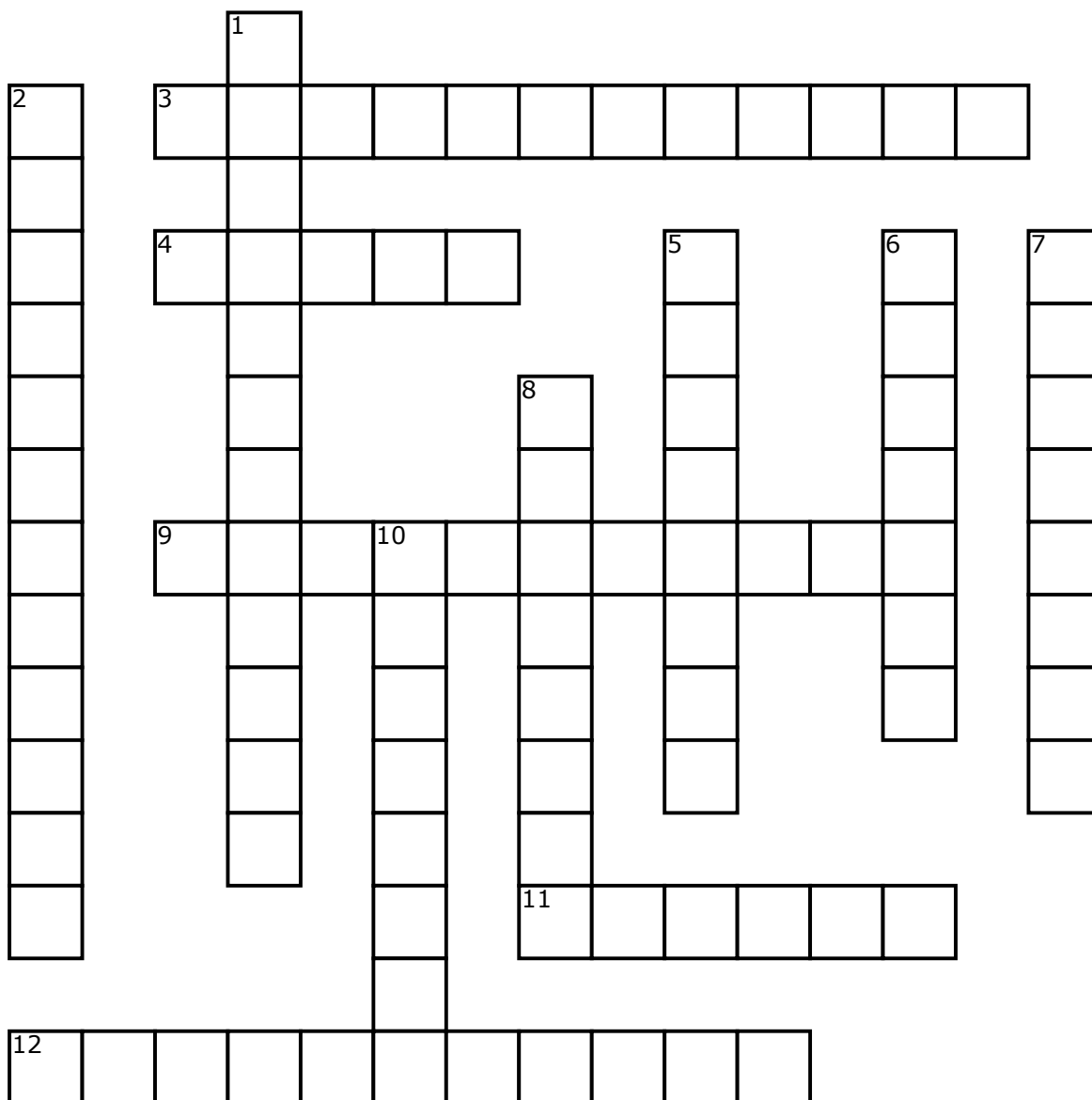


Food Facts Label



Across

- 3.** Starches, sugars, and fibers. Simple or complex, multiple sugars linked together. Such as fruit, vegetables, grains, beans and sugars.
- 4.** A simple carbohydrate with a sweet taste that may occur naturally in foods and drinks or added.
- 9.** A single portion of food or drink such as a cup, tablespoon, ounces, grams
- 11.** A preservative, flavoring and helps to keep your fluids in balance and muscles contract and relax, with potassium.

12. A fatty substance, made in the body, and found in animal-based foods.

Down

- 1.** What provides a feeling of full, flavor and is found in animal fat, dairy fat and plant oils?
- 2.** The leaf, skin, stem, seeds are part of the plant that helps with digestion, helps stabilizes blood sugar levels, and helps prevent constipation.
- 5.** Processed fat, unsaturated fatty acids formed by partial hydrogenation of vegetable oil.

6. Amino-acids are the building block for making hemoglobin, building tissues, muscles, organs, and the immune system.

7. A unit of energy from foods and beverages.

8. Large and small amounts of these substances help to build strong bones, transmit nerve impulses, make hormones, and help our heartbeat.

10. Fat and water soluble substances help our body to work properly for healthy functioning and growth. A, D, E, K, C, & B's