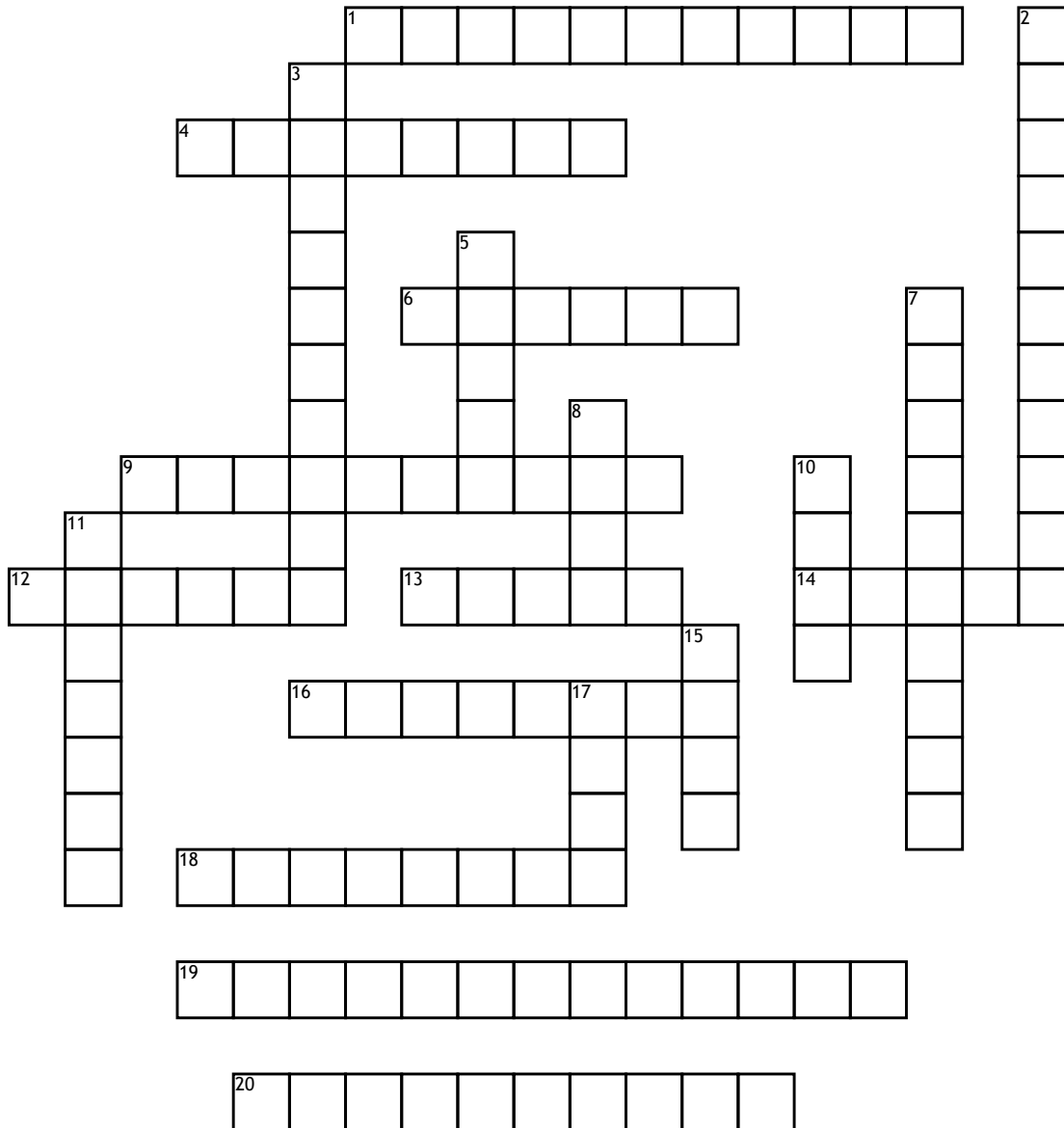


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Food and Nutrition Crossword Puzzle



## Across

- 1. Where we get most of our water
- 4. Worst kind of fat
- 6. A yellow spread that contains trans fat
- 9. Best kind of bread to eat
- 12. The amount of amino acids a person needs to consume
- 13. How many glasses of water should a person drink daily?

## Down

- 14. Another word for fat
- 16. A kind of protein that contains all of the essential amino acids
- 18. Something men need more than women
- 19. Where most of our energy comes from
- 20. A red fruit that is not a good source of carbs

- 3. This fruit is made up of 92% water
- 5. A substance usually used as a sweetener in food
- 7. A kind of protein that is lacking in all the amino acids
- 8. A seafood that is high in protein
- 10. We get this from cows
- 11. Type of sugar
- 15. Comes from animals and contains saturated fat
- 17. A food that comes in a shell and is high in protein