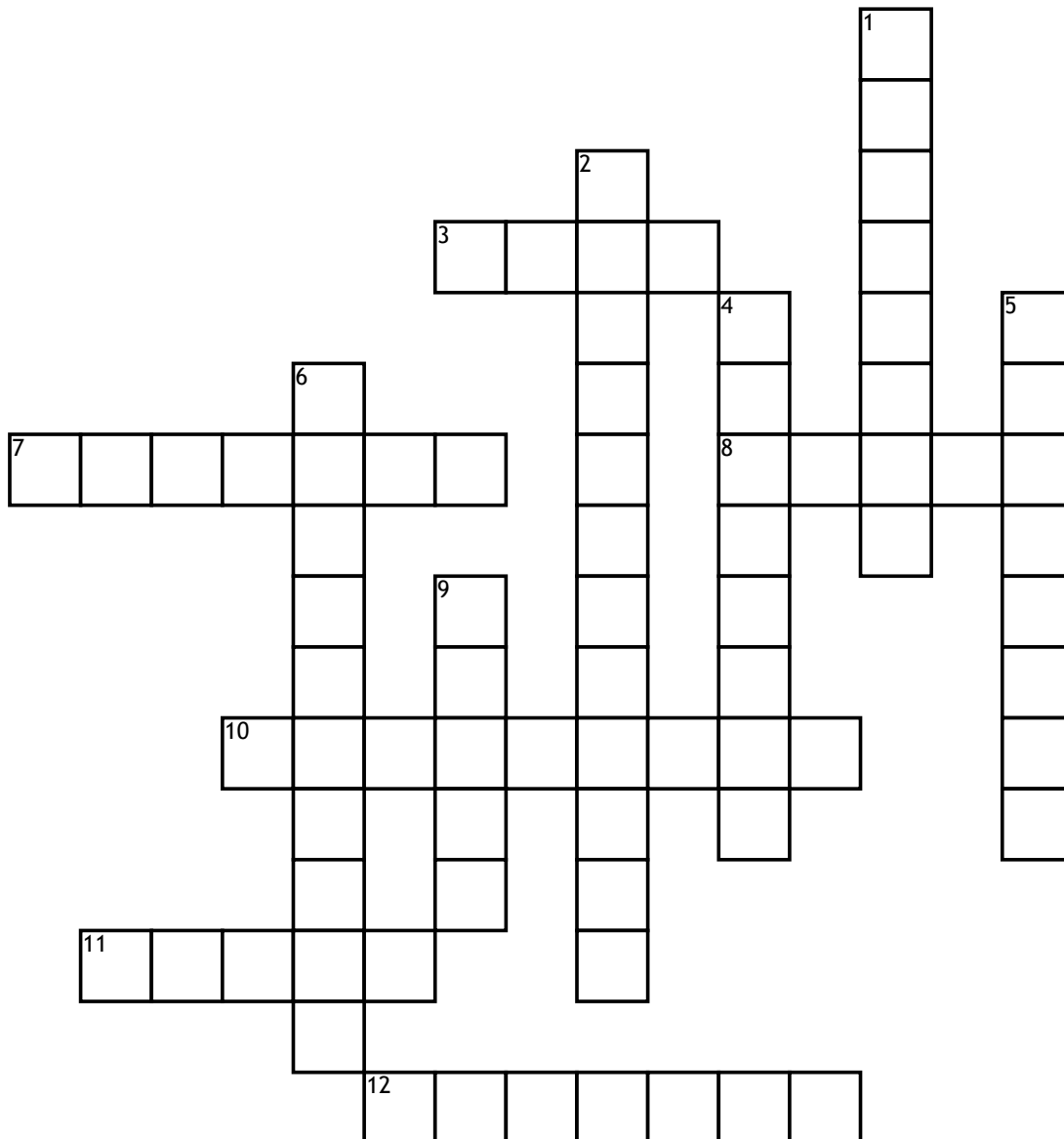


Name: _____

Date: _____

Golden Age Of Nutrition



Across

3. Notoriously low in aging adults yet so important for immune system health

7. Keeps aging bodies strong especially in its leaner forms

8. It is important to consume foods that are more nutrient

10. Type of fat we should all avoid

11. Helps to keep us full & regular

12. Necessary for bone health especially as we age

Down

1. Having a varied colorful diet can ensure you get enough of these

2. Helpful in keeping up a strong immune system

4. It is vital that we drink plenty of fluids to keep us

5. Aim to get 90-120mins\week of

6. Low in calories & High in Nutrients

9. Enjoy the vast varieties of these as a quick snack or added into oats