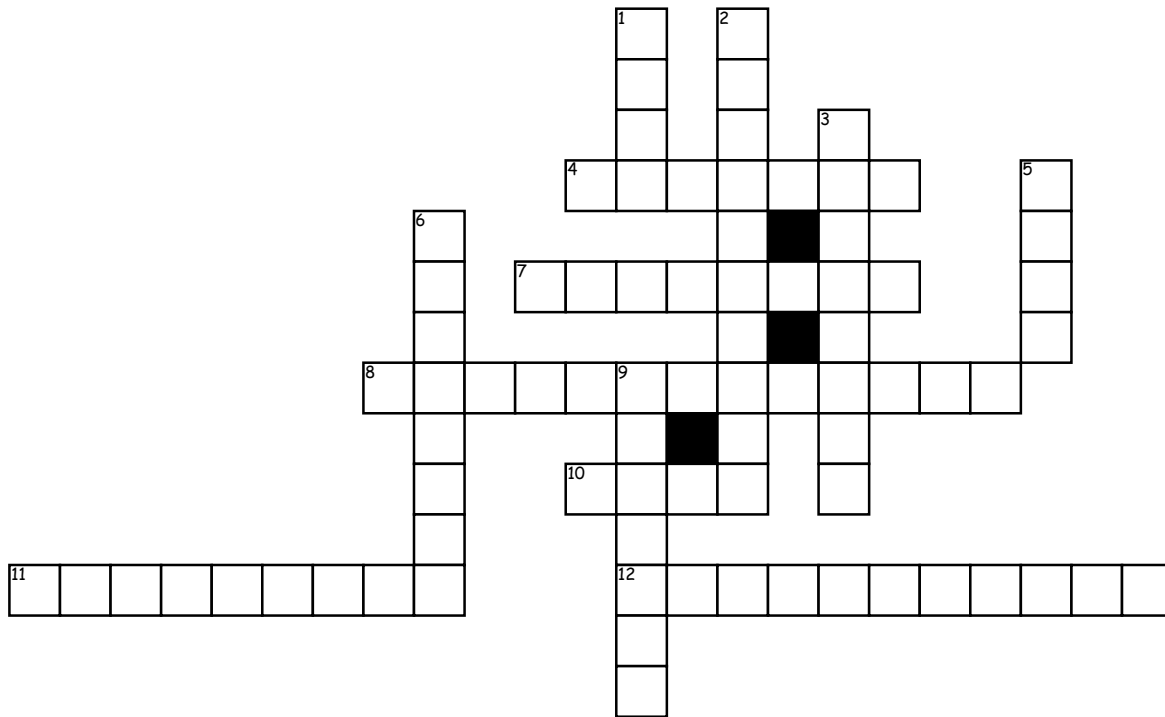


Name: _____

Date: _____

Health Crossword



Across

4. Hair and nails are mostly made of _____.

7. Adding back nutrients lost during processing.

8. Sugars, starches and fibers found in fruits, grains, vegetables and milk products are _____.

10. To stay healthy you have to reduce the intake of foods with _____.

11. Adding nutrients to foods to enhance them.

12. How many calories should an adult woman take?

Down

1. A gram of sugar has _____ Calories.

2. A lot of _____ have been involved with bad health.

3. You can find _____ Iron-rich foods include red meat, pork, fish and shellfish, poultry, lentils, beans and soy foods, green leafy vegetables, and raisins.

5. There are _____ food groups

6. A _____ diet is healthy.

9. Each food group is needed to stay _____.