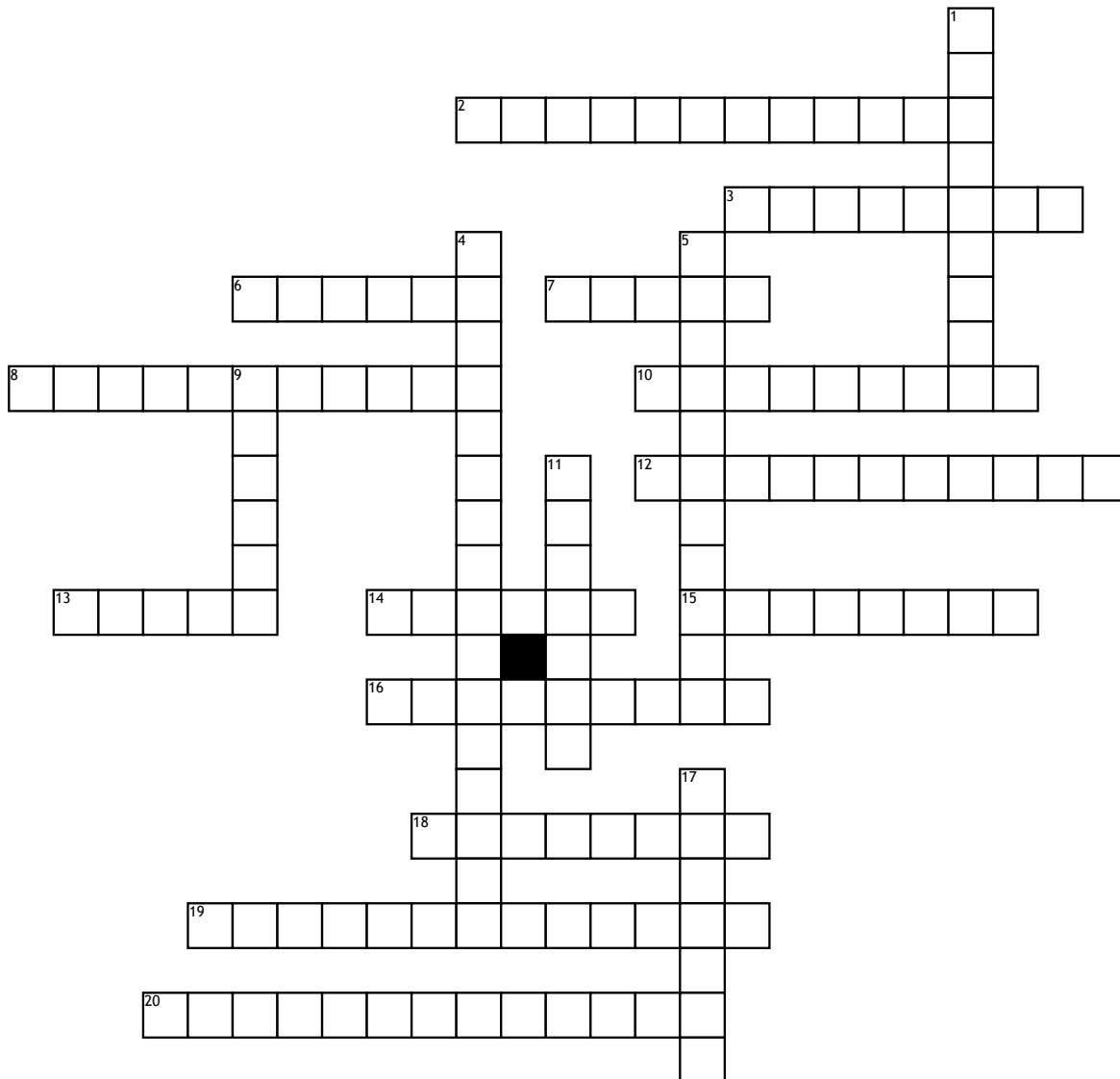


Name: _____

Date: _____

Healthy Food and Nutrition



Across

2. food intake that includes all of the dietary needs of the organism in the correct proportions
3. group of substances that are essential in small amounts in the diet
6. the process of increasing in physical size
7. clear, odorless, tasteless, inexpensive and versatile liquid
8. something that completes or enhances something else when added to it
10. the state of being comfortable, healthy, or happy
12. graphic representation of the structure of a food chain

13. food produced from or containing the milk of mammals

14. a state of complete physical, mental and social well-being

15. activity requiring physical effort, carried out to sustain or improve health and fitness

16. a substance that provides nourishment essential for growth and the maintenance of life

18. components or elements present in food which is required by our body to develop and function properly

19. nutrient that provides energy and other health benefits

20. pattern of eating that supports your best possible physical, mental and emotional health

Down

1. food or nourishment

4. any bodily movement produced by skeletal muscles that require energy expenditure

5. the process of creating something new or more advanced

9. chemical energy that animals (including humans) derive from food through the process of cellular respiration

11. a nutrient your body needs to grow and repair cells and to work properly

17. a damaging immune response by the body to a substance