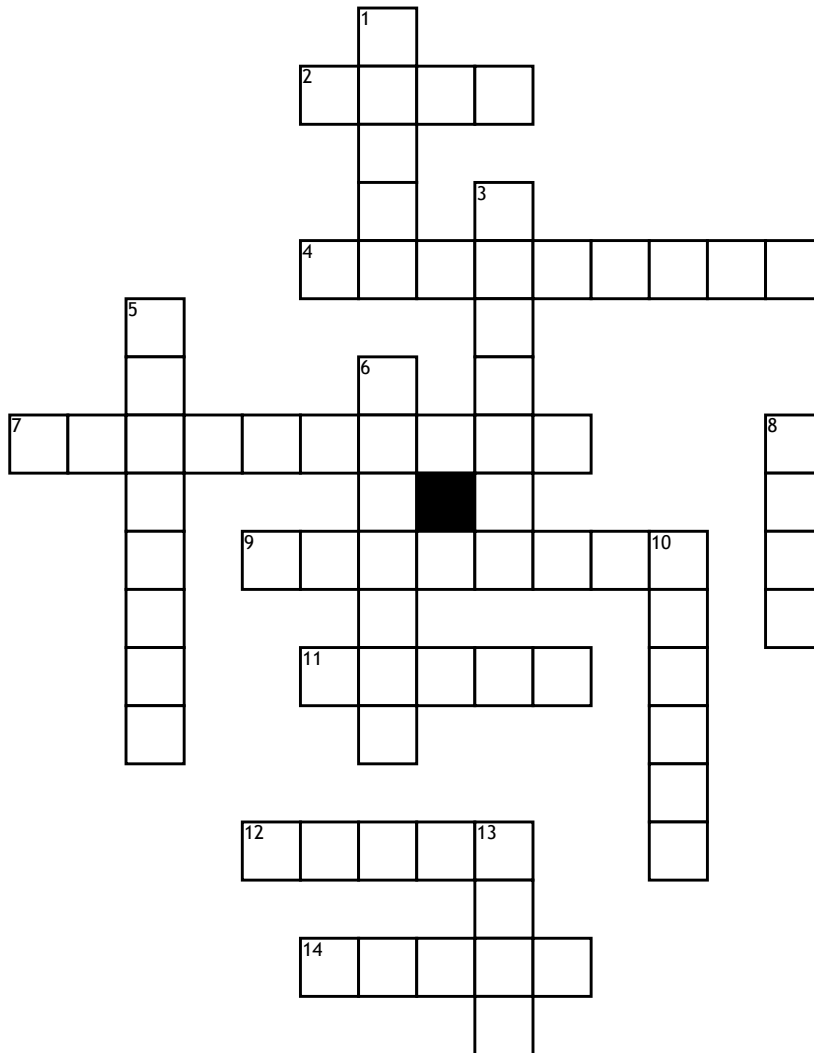


Name: \_\_\_\_\_

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

# Healthy eating



## Across

- 2. Source of fat
- 4. The most important meal in a day
- 7. The best type of bread
- 9. Orange juice is very high in this vitamin
- 11. Vegetables have a lot of
- 12. Meat should be \_\_\_\_\_ instead of fried.

- 14. You should drink a lot of

## Down

- 1. This is the quickest type of carbohydrate to digest, and should be ate sparingly.
- 3. An important component found in milk that helps bone growth.
- 5. This leafy green vegetable is high in fiber and vitamin C

- 6. The nutritional component important for muscle growth
- 8. A healthy, low fat form of milk.
- 10. This dairy product should be eaten in small portions because of its above average fat content
- 13. Healthy food plan