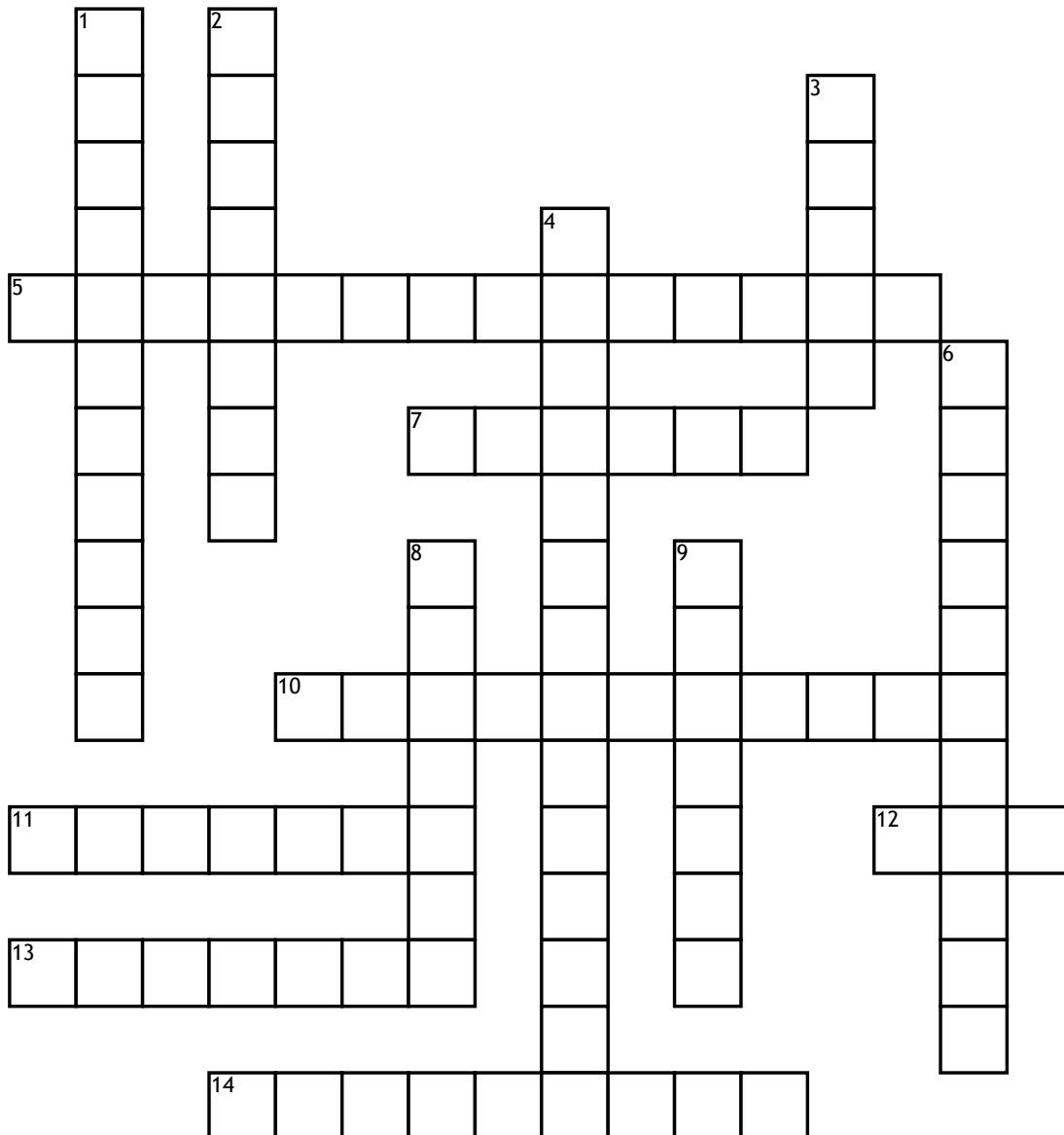


Health vocabulary



Across

5. You do not eat meat on a vegetarian diet

7. The largest source of dietary sodium comes in table salt

10. Food allergy is an immune system reaction

11. A calorie in food provides energy

12. Fat is a type of nutrient

13. I took my multi vitamin daily

14. Dairy is a food group

Down

1. Your liver makes cholesterol for your body

2. Diabetes is a disease that results in too much sugar in the blood

3. Apples are a good source of fiber

4. Cardiovascular disease is a heart condition

6. The food pyramid is designed to make healthy eating easier

8. Protein is essential in building muscle mass

9. Dairy products are rich in calcium