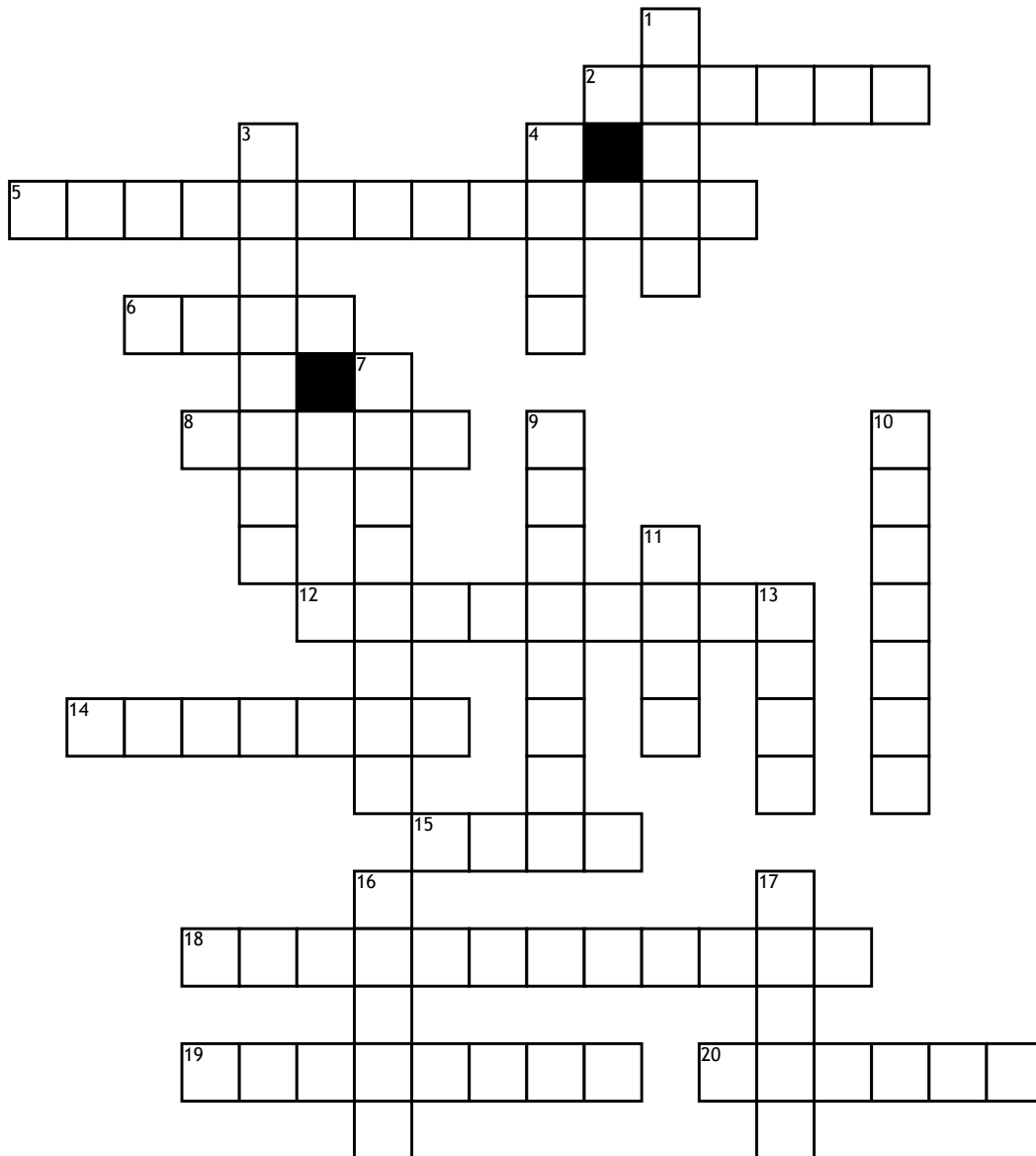


Name: \_\_\_\_\_

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

# In the Kitchen



## Across

- 2. I'm a type of fish
- 5. Glucose
- 6. I am full of nutrients
- 8. I'm a carb
- 12. I'm full of fiber
- 14. You should eat (BLANK) amount of fat
- 15. Provides energy and key building components
- 18. I am the second worst fat

19. Growth and repair of cells

20. I have lots of water

## Down

- 1. Another word for H<sub>2</sub>O
- 3. I have 1,000 nutrients
- 4. I am complex
- 7. I contain a lot of energy
- 9. I am the worst fat

10. I am full of iron

11. I am full of vitamin d

13. I come from chickens

16. I'm a simple carbohydrate

17. My body's made of about 60%