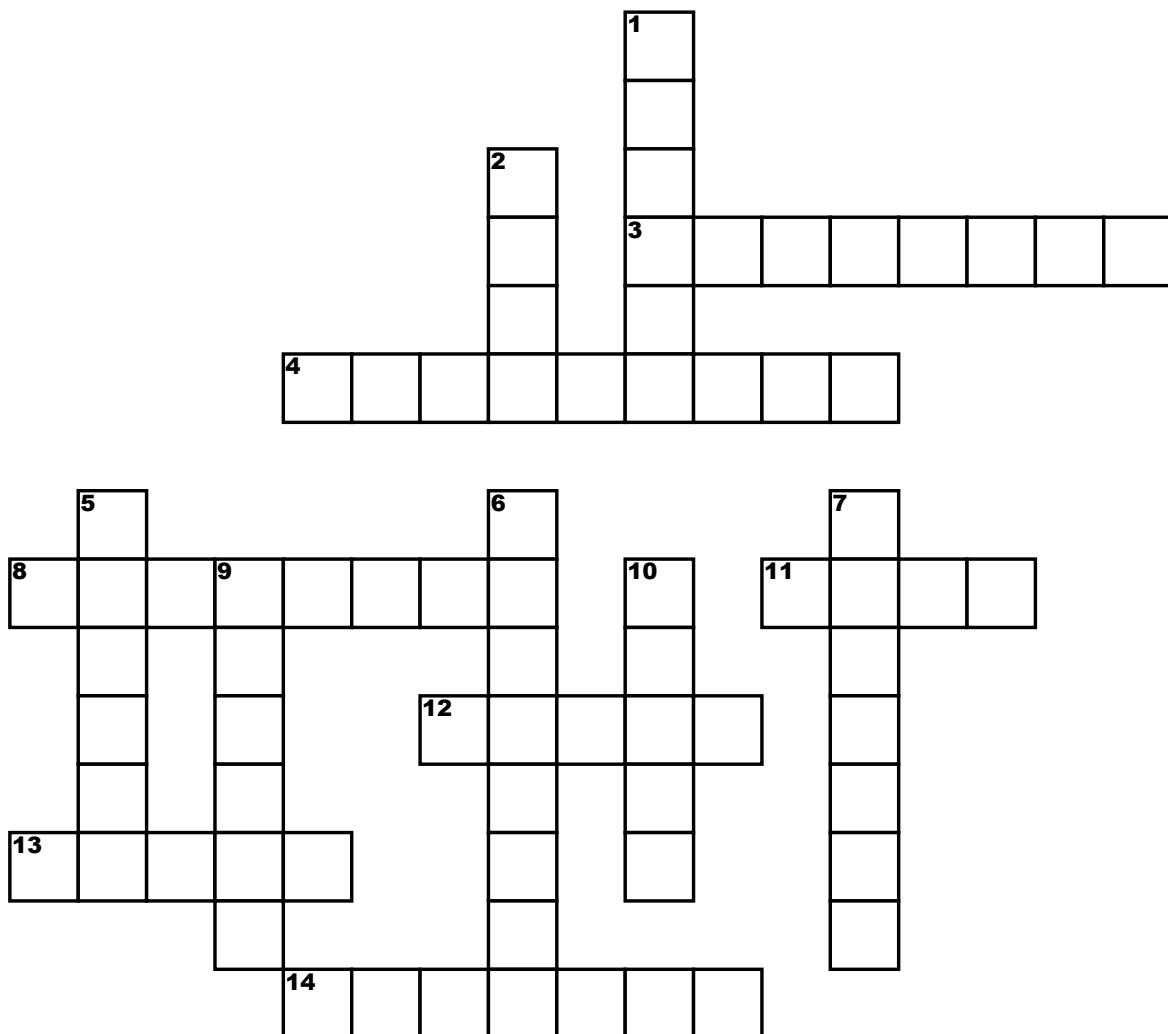


Name: _____

Date: _____

MEMORY QUIZ



Across

- 3. what is a cold dairy product good for hot days
- 4. what is the most important mineral and prevents osteoporosis
- 8. what vegetable can you get iron from
- 11. what if taken too much of can cause heart problems
- 12. what is a traditional italian dish including carbohydrates

13. what do you call a person who does not eat or use animal products

14. what disease is caused by having too much sugars, oils and fats

Down

- 1. what is another word for fats?
- 2. what mineral if not taken enough causes anemia

5. what fruit gives you vitamin C and lowers stroke risk for women

6. what does fortification add to food

7. what helps to maintain strong bones

9. what you have for breakfast with milk sometimes

10. what is the name of the liquid to keep you hydrated and healthy