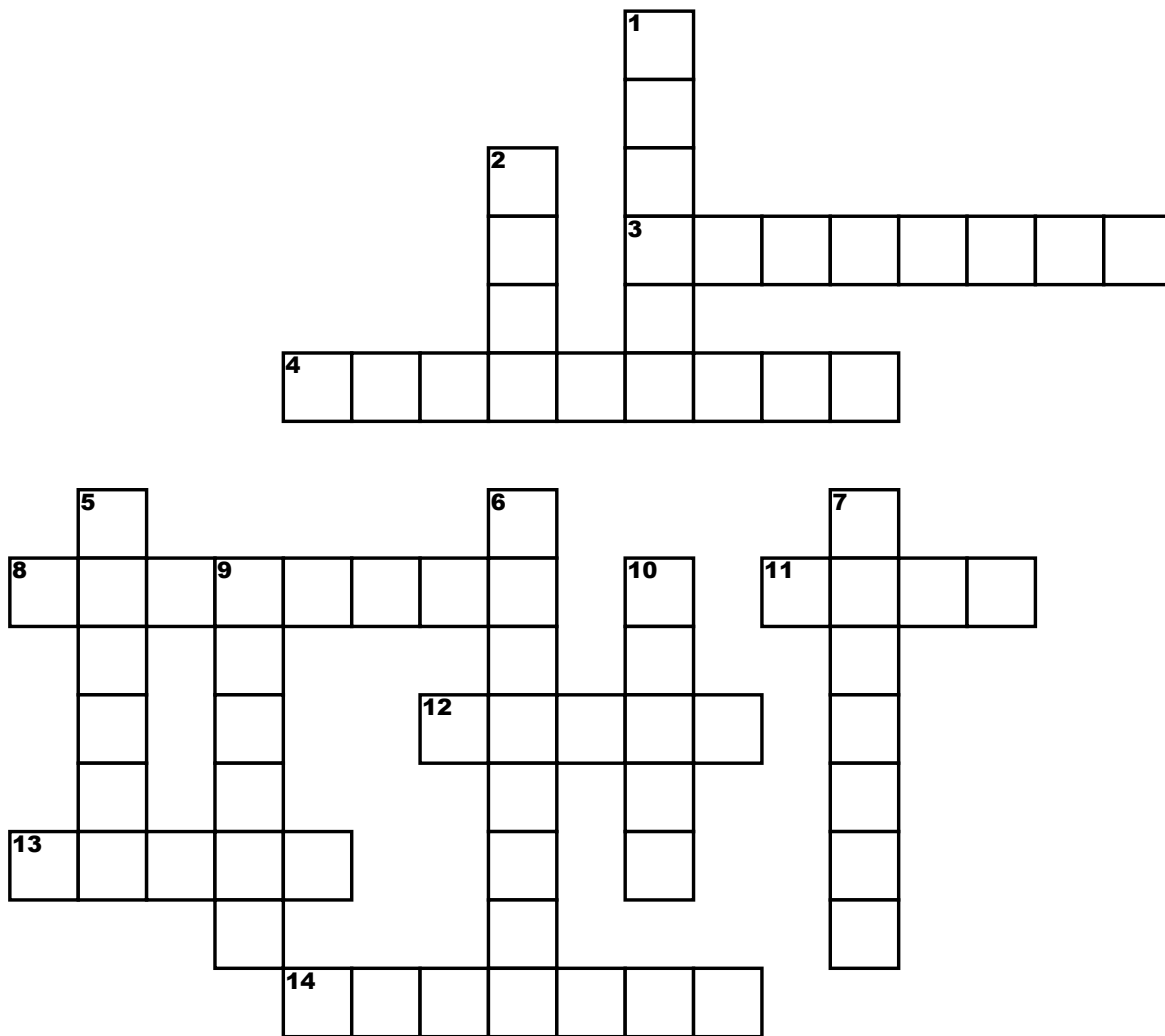


Name: \_\_\_\_\_

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