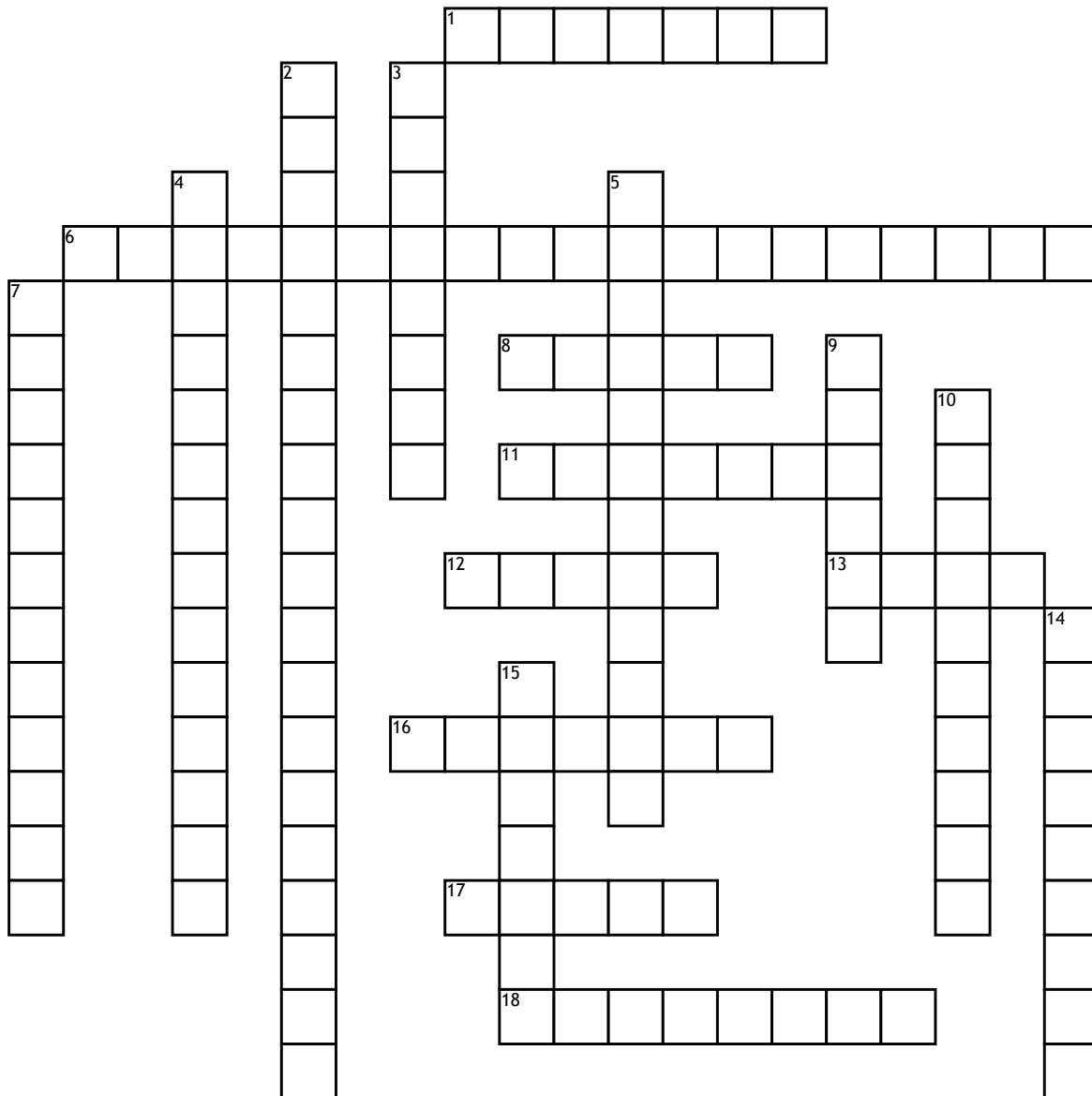


Name: _____

Date: _____

Nutrition



Across

1. a _____ diet includes all four food groups

6. make half your plate these

8. the average person should drink 8 cups of _____ a day

11. unit of energy

12. calcium keeps these strong

13. proper nutrition helps a child _____.

16. a _____ diet can relieve symptoms of depression and anxiety

17. bread and grains contain _____ to maintain bowel health

18. can help regulate your mood

Down

2. provides the most protein

3. fruits and vegetables provide _____ for your body

4. table that provides the amount of nutrients on packages

5. unhealthy foods effect physical and _____.

7. a high calorie diet can prevent

9. protein is a source of _____.

10. a healthy diet can help regulate _____.

14. worst kind of fat

15. dairy is a source of _____.