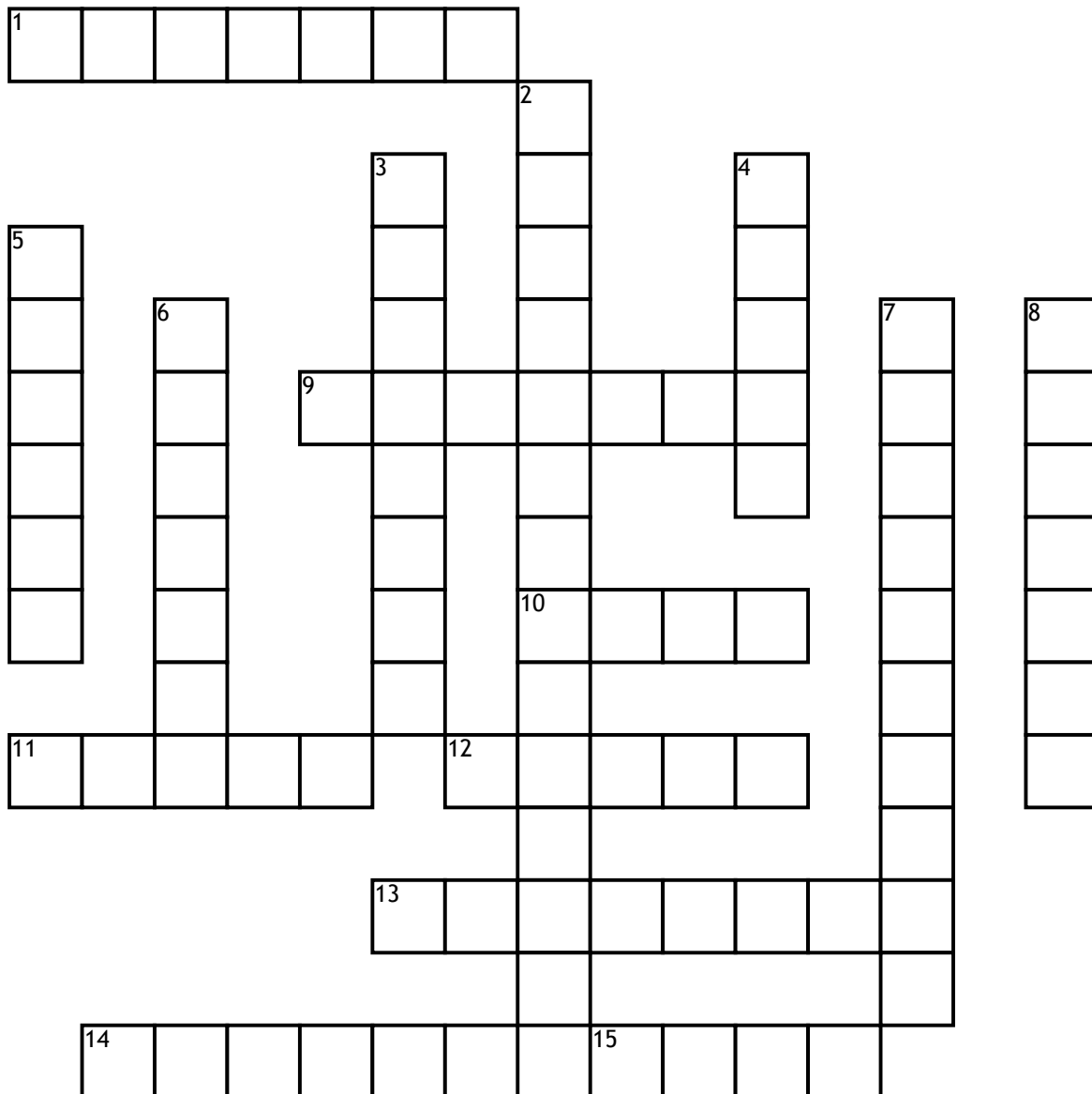


Name: _____

Date: _____

Nutrition



Across

1. Nutrients used to repair body cells and tissues

9. The amount of energy in food

10. Eating less calories and eating healthier

11. Glucose and fructose and comes in crystal form

12. Milk, yogurt, cheese

13. Physical exertion which makes your muscles and heart work harder

14. Apples, Oranges, Bananas

15. Saturated and Unsaturated

Down

2. Starches and sugars that provide energy for your body

3. Substances that help regulate the body's functions

4. This keeps the digestive system healthy and eliminates waste from the body

5. Whole wheat, rice, oatmeal

6. The amount of food that you eat

7. Carrots, Celery, Spinach

8. This mineral helps build strong bones