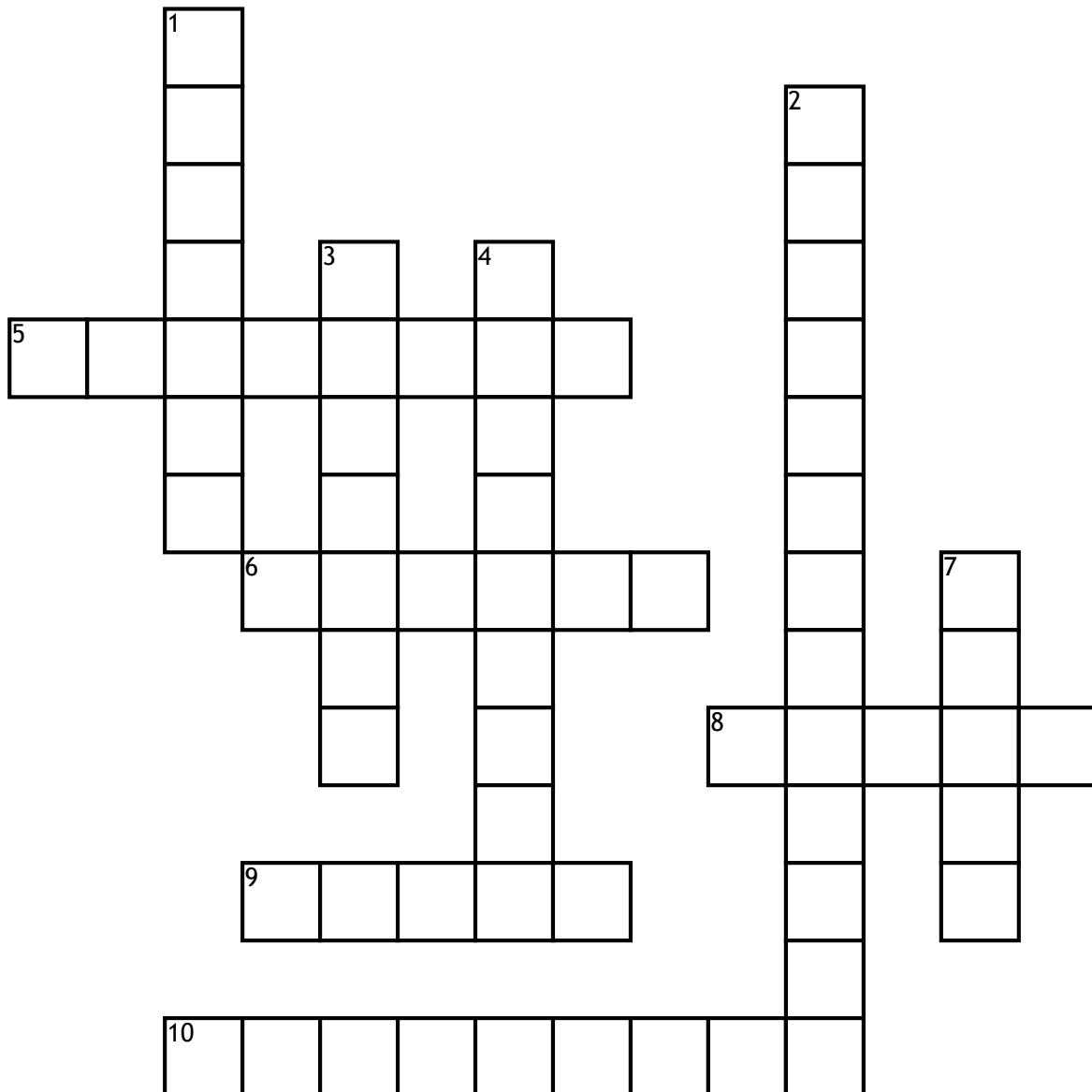


Name: _____

Date: _____

Nutrition



Across

- 5. Adults need 2400 a day
- 6. Makes you feel full
- 8. Tomato is a
- 9. 8 Glasses a day
- 10. Provides nourishment

Down

- 1. Makes you feel hungry
- 2. Provides energy
- 3. Meat is a source of
- 4. Broccoli is a
- 7. Milk falls under the food category of