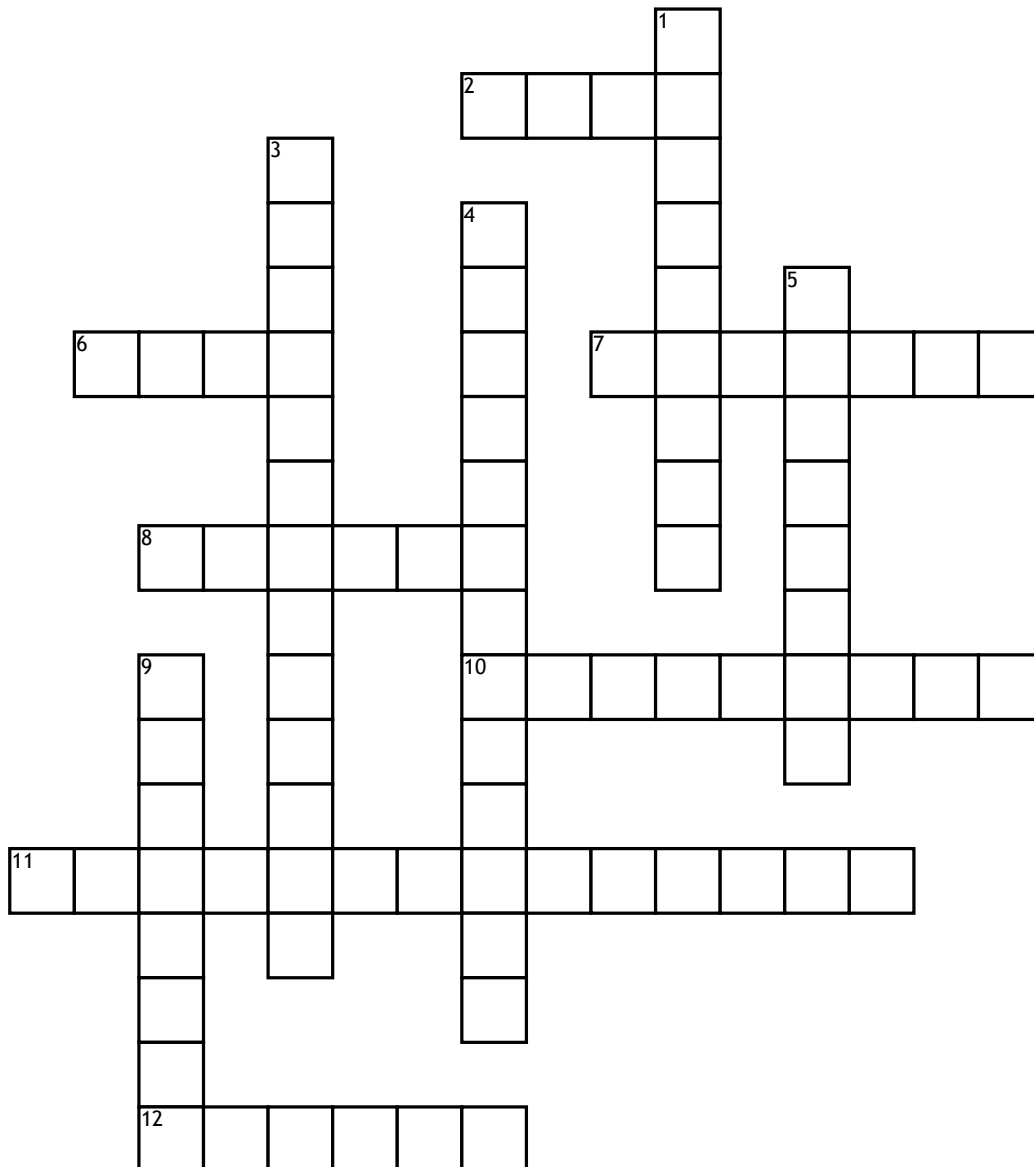


Name: _____

Nutrition - Fueled for Success - MORE Health



Across

- 2. nutrients in food that provide energy
- 6. what you usually eat and drink
- 7. a mineral that is needed in the diet to build strong bones and teeth
- 8. the condition of being well in body and mind

- 10. when our bodies change food in the stomach and intestines into a form that can be used by the body
- 11. the thicker part of the tube which food passes through from the stomach
- 12. power to work

Down

- 1. the tube that food goes through from the throat to the stomach
- 3. high in calories, low in nutrients
- 4. nutrients found in food that give us energy
- 5. vigorous or energetic action
- 9. active use of the body