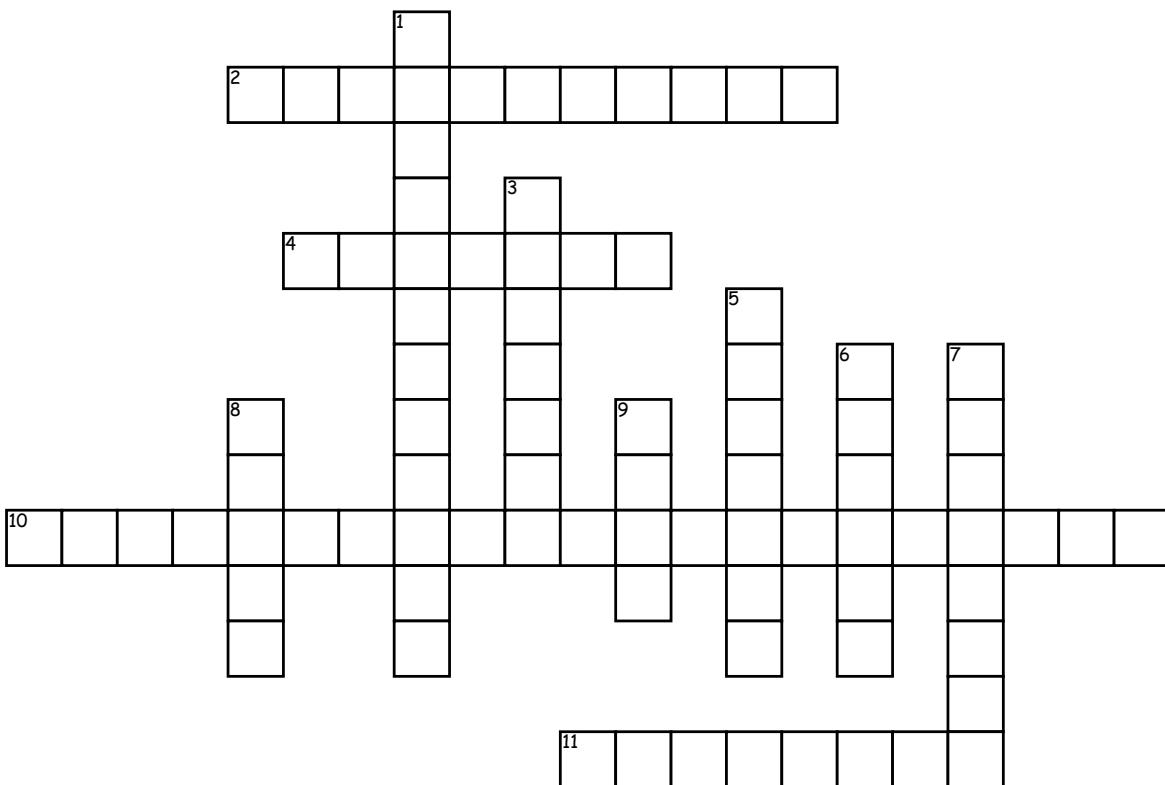# Nutrition

Across

2. Healthy fat

4. Chicken provides your body with this nutrient

10. The leading cause of death worldwide

11. Essential nutrients that help with growth and development

Down

1. The bodies main source of energy

3. Cardiovascular exercise

5. Unit of energy

6. Myplate says you should have the most servings of

7. This nutrient provides healthy bones and teeth

8. You should drink this food group

9. _____ of your plate should consist of fruits and vegetables