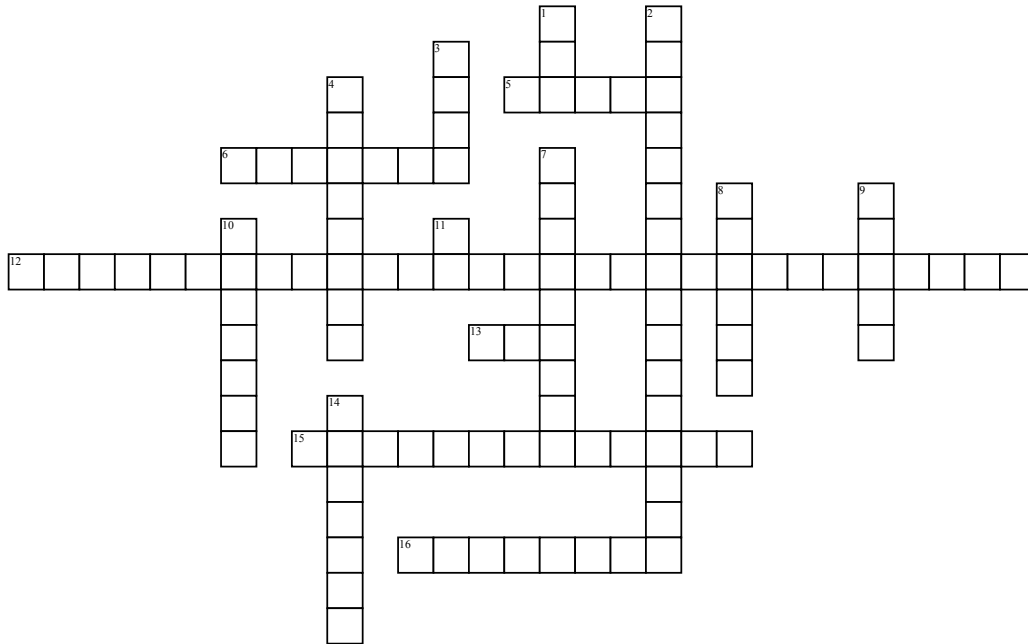


Name: _____

Date: _____

Nutritional Science



Across

- 5. Apples is a type of?
- 6. Chicken is a form of?
- 12. The rules the USDA is called?
- 13. Recommend Dietary Allowance Acronym
- 15. Reduce the intake of
- 16. We use super fracker to count our?

Word Bank

Vitamin C
Vegetable
Protein
Fruit
Saturated fats
EAR

Down

- 1. Estimated Average Required
- 2. Is found on the back of food
- 3. This can be found in ice
- 4. This vitamin can be found in orange juice
- 7. Broccoli is a type of ?

Dairy
Nutritional facts
My plate
Calories
Calcium

- 8. Wheat is a form of?

- 9. The smallest portion on my plate

- 10. The five portions you should have daily is called?

- 11. Upper tolerable intake level Acronym

- 14. This vitamin can be found in milk

Dietary Guidelines for Americans
UL
Iron
RDA
Grains