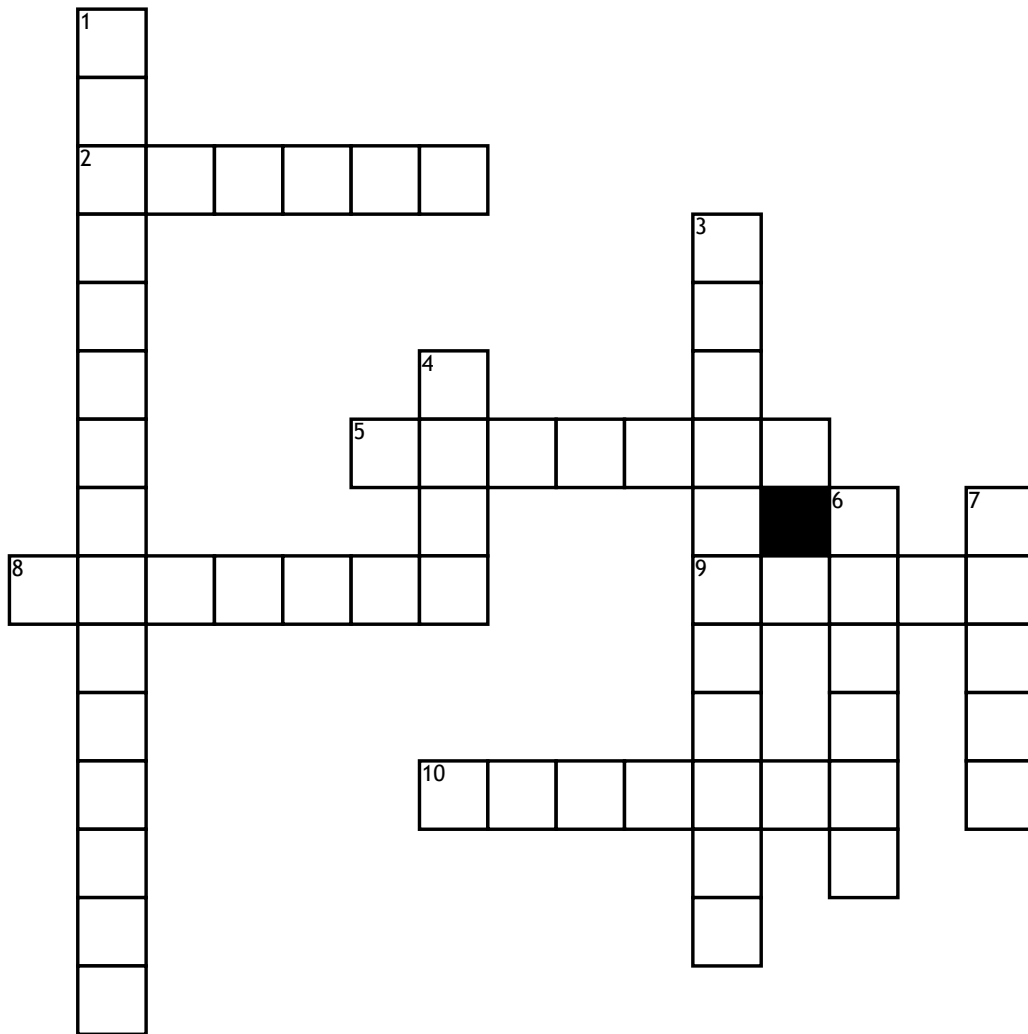


Nutrition and Cognitive Functioning



Across

- 2. What can not only repel vampires but helps lower cholesterol levels due to its antioxidant properties?
- 5. What is one activity that can help keep your mind active?
- 8. Beans, lentils and chickpeas are all types of _____ which are rich in B Vitamins?
- 9. Use the My _____ as a guide for general nutrition
- 10. Is green and contains Omega-3

Down

- 1. Eating healthy, being physically active and keeping your mind active can help support _____
- 3. The opposite of a sour potato that is high in antioxidants and helps provide adequate protection of DNA and brain cells from inflammatory damage and degradation? (2 words)
- 4. Walnuts, almonds, and cashews are type of _____ that are high in B Vitamins
- 6. What fatty cold-water fish is high in Omega 3?
- 7. Cognitive health is the ability to clearly think, _____, and remember

Word Bank

- | | | | |
|---------|--------|------------------|--------------|
| Garlic | Plate | Cognitive Health | Legumes |
| nuts | Learn | Puzzles | Sweet Potato |
| Avocado | Salmon | | |