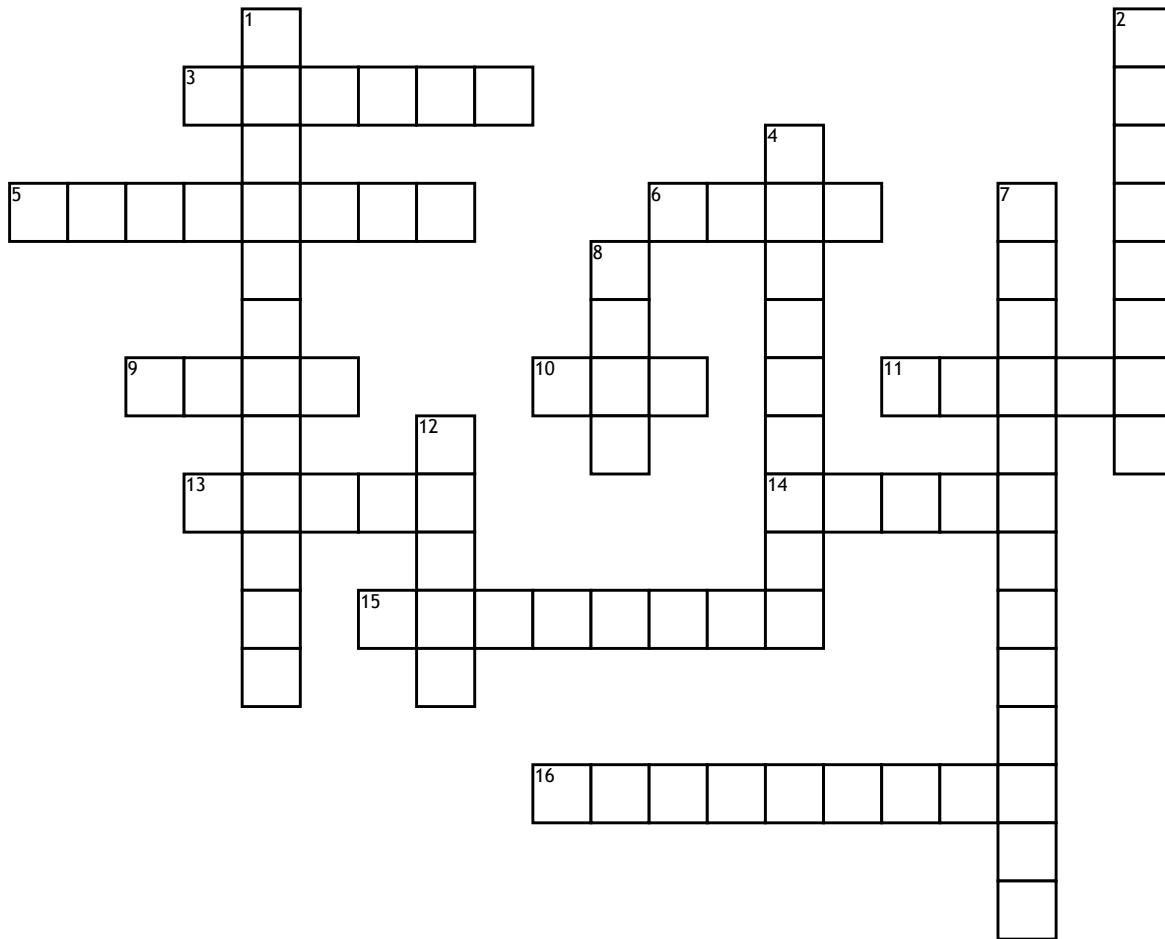


Name: \_\_\_\_\_

# Nutrition



## Across

- 3. Last meal of the day
- 5. A substance found in food that is an important part of the human diet
- 6. An eating plan
- 9. Small amounts benefit you. Can be quite greasy
- 10. Extra flesh on your body that warms you
- 11. Vital importance to digestion that helps move food through the body

## Down

- 13. Key to hydration
- 14. A meal in the middle of day
- 15. A natural substance that is found in foods that helps your body to be healthy
- 16. Most important meal of the day

- 2. Short term effects include bad skin and long term effects include weight and death
- 4. You should eat 5 serves of this food a day
- 7. Provides your body with heat and energy.
- 8. Key source of iron
- 12. You should eat at least 2 serves eat day