Date:

Nutrition Crossword Puzzle

Across

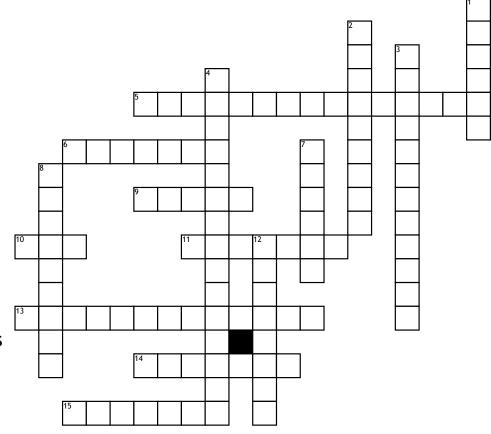
- **5.** One type of unsaturated fat:
- **6.** Try different vegetables, because our bodies like ____.
- **9.** One of the most harmful fats: t_____.
- 10. The body uses ____ as fuel.
- 11. What is a unit of energy that measures how much energy food provides to the body?
- **13.** These are great sources of energy in fruits and vegetables.
- 14. Sources of this can be added to fruit and vegetable snacks to make them even more nutritious and delicious 15. Light (lite) and

_____-fat foods may still be high in fat.

Down

- 1. ____ are nutrients in food that the body uses to build cell membranes, nerve tissue (like the brain), and hormones.
- **2.** One of the most harmful fats: s
- **3.** Trans and saturated fats can cause what?
- 4. One type of unsaturated fat:

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- 7. Unsaturated fats are ____ at room temperature.
- **8.** To include more fruits and veggies in your diet, when would be the ideal meal to eat them during to encourage such a habit?
- 12. What is the requirement for a food to be labeled light (lite)? Have 50% less fat or fewer calories

per serving

