

Name: _____

Date: _____

Nutrition Crossword Puzzle

Across

5. One type of unsaturated fat: m_____.

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.

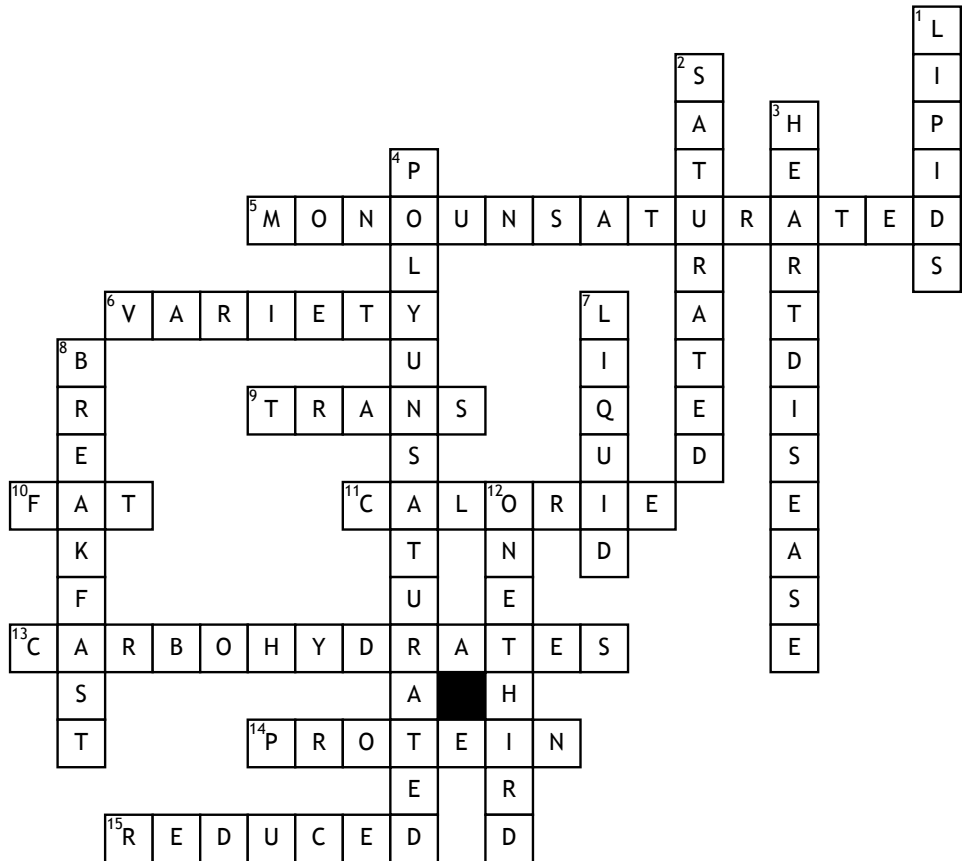
Down

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: p_____.



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

