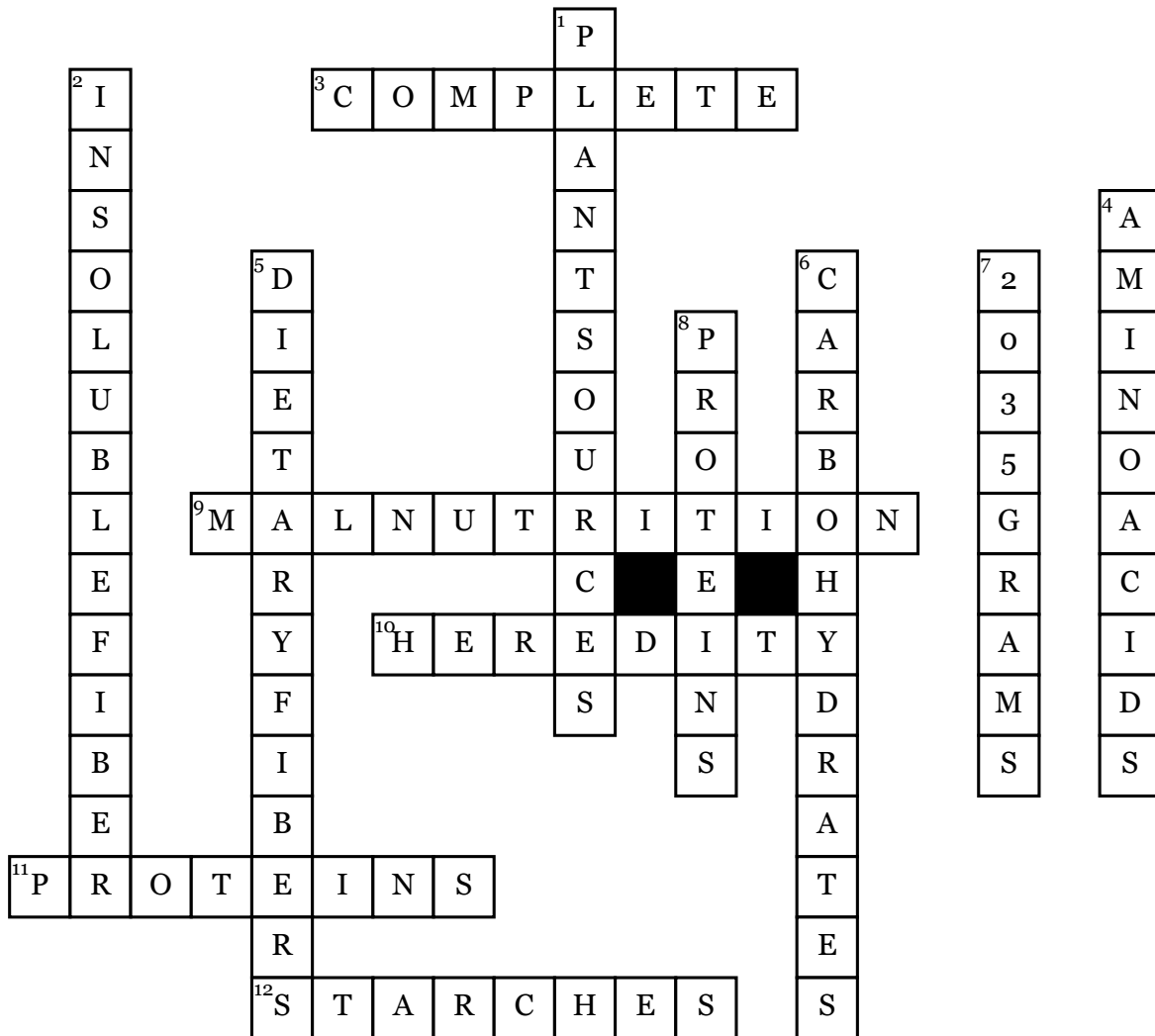


# Foods and Nutrition



## Across

- 3.** What proteins supply us with all 9 essential amino acids?
- 9.** A health problem caused by poor nutrition.
- 10.** One common cause of obesity?
- 11.** What is your hair, eyes, skin, heart, muscles, and bones made out of?

- 12.** A good source of protein, vitamins, minerals, and dietary fibers.

## Down

- 1.** Where is it recommended to get most of your protein from? (2 words)
- 2.** You can find me in fruits, vegetables, dry beans, and wheat products. (2 words)
- 4.** What are the chains of chemical building blocks called? (2 words)
- 5.** What is the only form of carbohydrates that does not provide energy? (2 words)
- 6.** What is the body's main source of energy?
- 7.** What is the recommended daily intake of fiber?
- 8.** What are nutrients that help build, repair, and maintain body tissue?