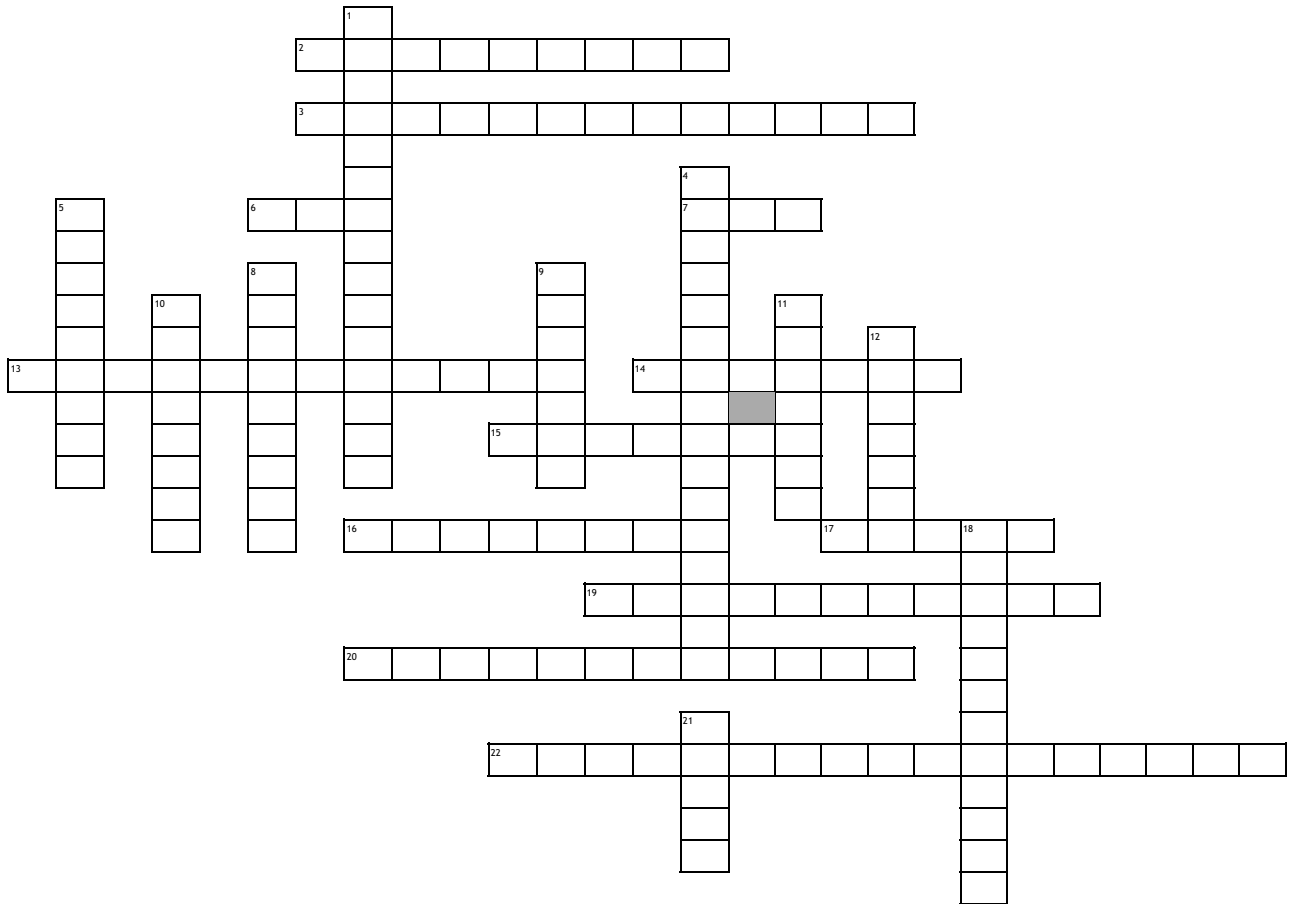


# Nutrition



## Across

2. Nutritional information about food is printed on this
3. A commercial that tries to get you to buy a product is know as an \_\_\_\_\_
6. Nutrient that provides energy and gives food flavor
7. A substance that is added to food to flavor meats and other foods
13. something added to food to keep it from spoiling or going bad
14. The unit to measure the energy produced by food in the body
15. The sugar found in milk
16. A substance that helps a food taste better or last longer
17. Food you eat between meals
19. Reaction to a food that is caused the immune system
20. Daily eating plan that includes foods from all food groups
22. Suggested goals to help you stay healthy

## Down

1. A reaction of the body towards a food or something in a food.
4. Food high in calories but low in vitamins and minerals
5. Food that contain the same types of nutrients are in the same\_\_\_\_\_.
8. Water,protein,carbohydrates,fats,vitamins and minerals are known as\_\_\_\_\_.
9. Nutrient that helps the body's chemical processes
10. Meals at these restaurants should not be eaten everyday
11. Nutrient needed for growth and cell repair
12. Nutrient that helps the body use proteins, fats and carbohydrates
18. Nutrient that is the body's main energy source
21. The nutrient that helps keep the body and cells hydrated