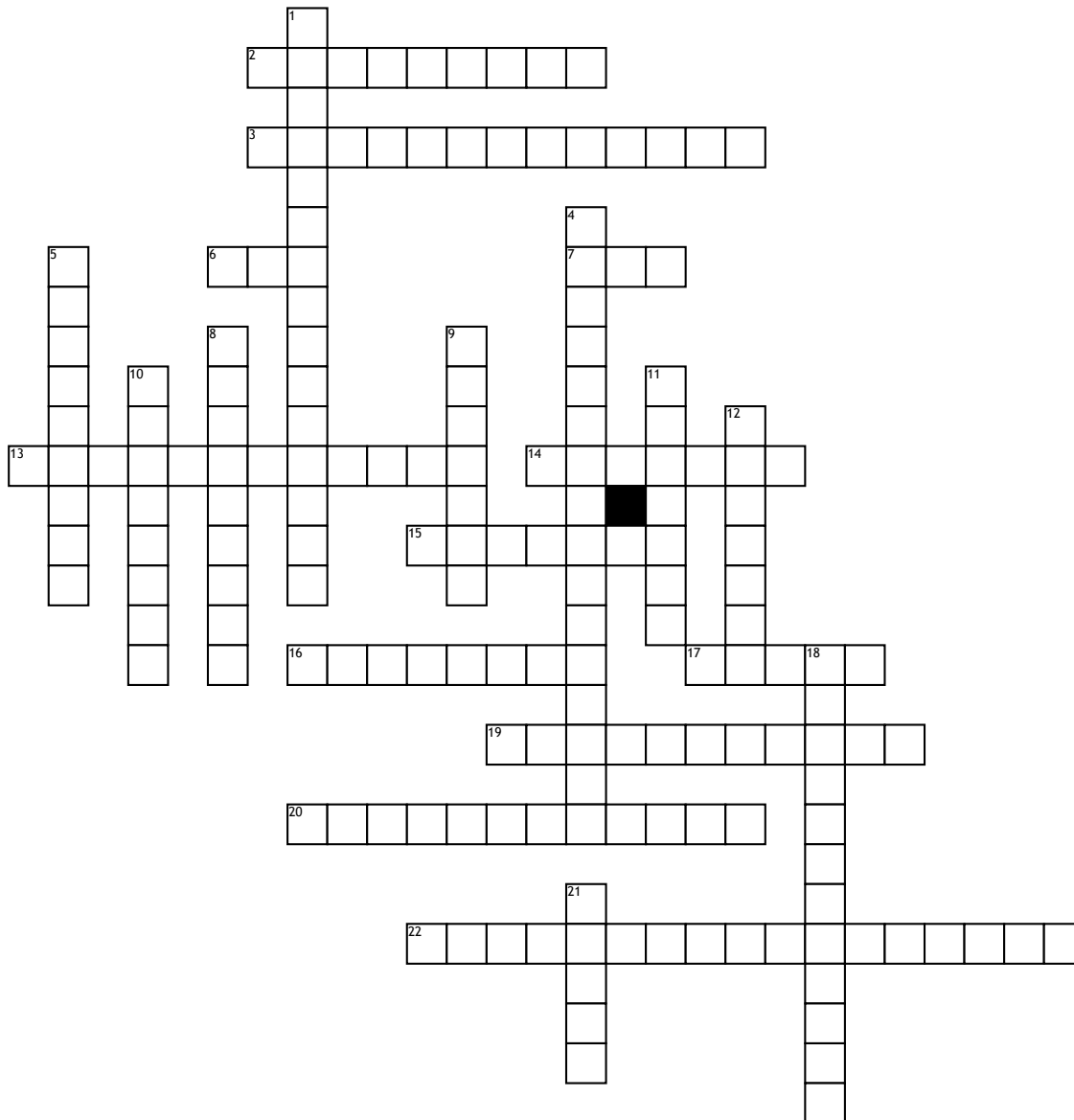


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrition



## Across

2. Nutritional information about food is printed on this

3. A commercial that tries to get you to buy a product is known 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 by 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 contains the same types of nutrients are in the same \_\_\_\_\_.

8. WW.

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