Name:	Date:

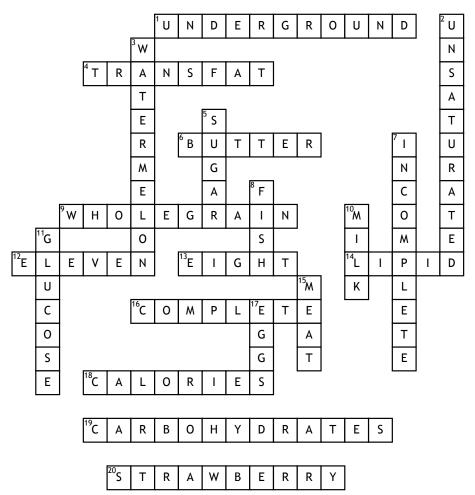
## Food and Nutrition Crossword Puzzle

## <u>Across</u>

- 1. Where we get most of our water
- 4. Worst kind of fat
- **6.** A yellow spread that contains trans fat
- **9.** Best kind of bread to eat
- **12.** The amount of amino acids a person needs to consume
- **13.** How many glasses of water should a person drink daily?
- **14.** Another word for fat
- **16.** A kind of protein that contains all of the essential amino acids
- **18.** Something men need more than women
- **19.** Where most of our energy comes from
- **20.** A red fruit that is not a good source of carbs

## **Down**

- **2.** Best kind of fat that can be found in avocado
- 3. This fruit is made up of 92% water
- **5.** A substance usually used as a sweetener in food



- **7.** A kind of protein that is lacking in all the amino acids
- **8.** A seafood that is high in protein
- **10.** We get this from cows
- 11. Type of sugar
- **15.** Comes from animals and contains saturated fat
- **17.** A food that comes in a shell and is high in protein

