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Food and Nutrition Crossword Puzzle

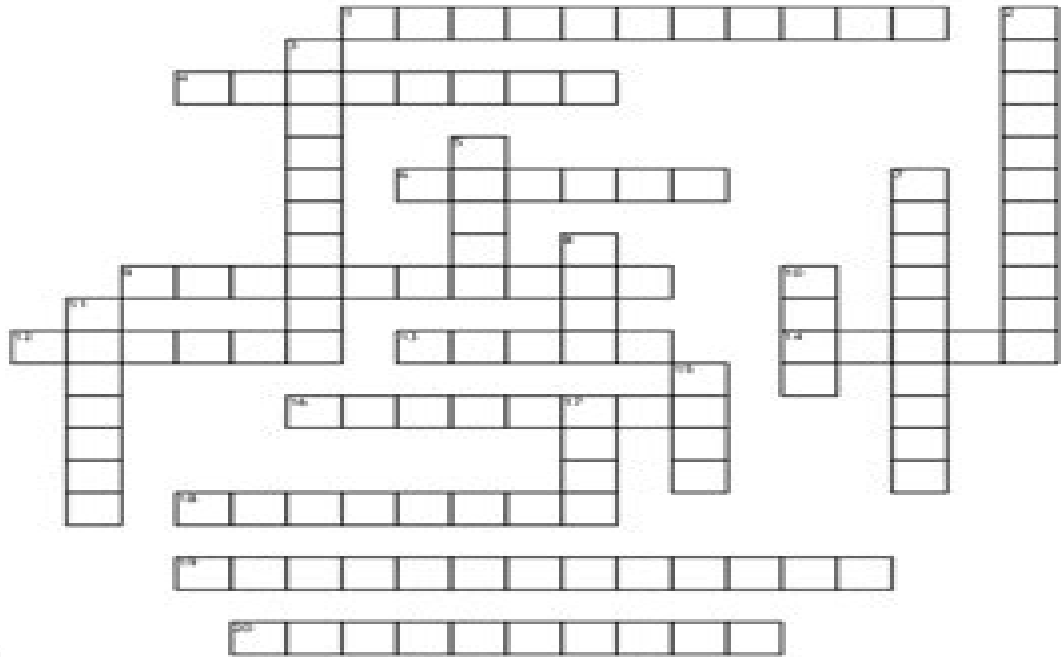
Across

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



Guide To Good Food Nutrition Crossword Key

RJ Shavelson



Guide To Good Food Nutrition Crossword Key:

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Mary Rhiner,2005 **Nutrition Education Materials** Holly Berry Irving,1987 **The Software Encyclopedia 2001**
,2001 Study Guide for Nutrition ,1998 **Resources in Vocational Education** ,1980 **Discovering Nutrition** Paul
M. Insel,R. Elaine Turner,Don Ross,2006 This second edition has been updated by include MyPyramid and the 2005 Dietary
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