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Nutrition

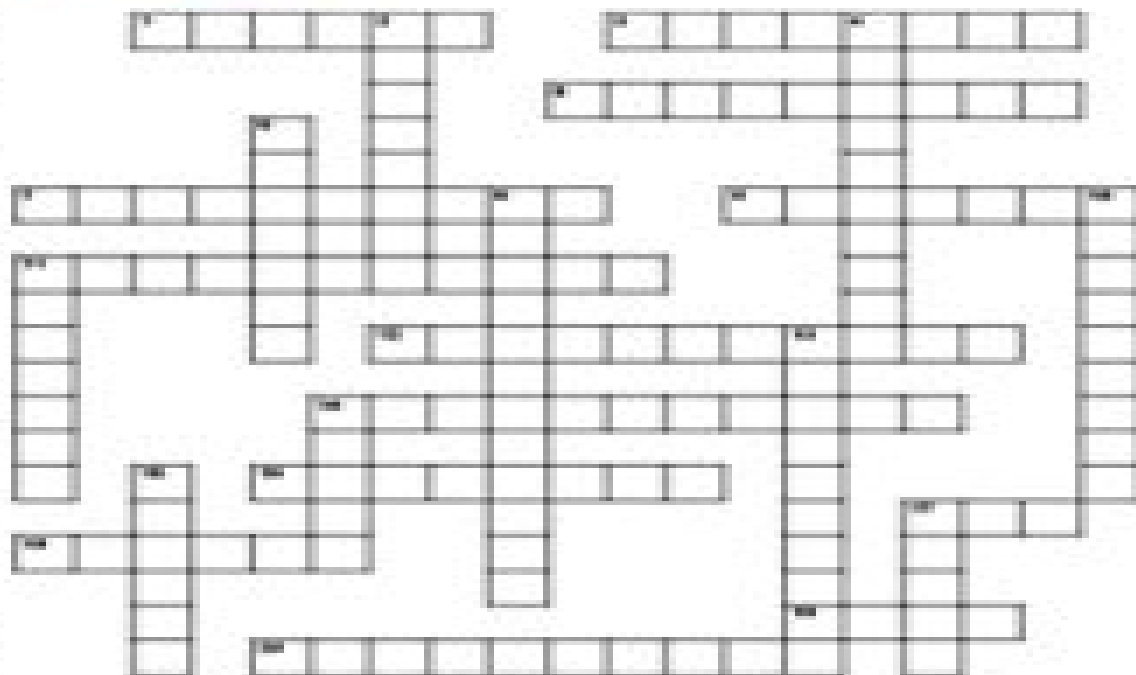
Crossword

ACROSS

1. Plant seeds that make up an important nutritional component of most diets.
3. Organic compounds essential for good nutrition which are required only in very small quantities.
5. Processing of food by the body.
7. Inadequate supply of essential nutrients.
9. Nutrient needed to build, repair and maintain body tissues.
11. Type of fat needed by the body, but which in too great of quantities can clog the arteries.
12. Triangular diagram showing the optimal number of servings to be eaten each day from each of the basic food groups.
14. Condition in which there is not enough water in the body.
16. Inorganic chemical elements that are required by the body (for example magnesium, iron, or sodium).
17. The major storage form of energy in the body.
18. Disease that is caused by vitamin C deficiency.
19. Food and drink that is regularly consumed by a person or community.
20. Carrots, broccoli, lettuce and many more.

DOWN

2. Any substance that provides essential nourishment.
4. Rate at which food is converted into energy.
6. Disease that is caused by vitamin C deficiency.



8. An energy yielding nutrient found in breads, cereals and other starchy.
10. Study of how the body takes in and utilizes foods.
11. Unit of energy produced by food.
13. Building blocks of proteins.

14. Food group that contains milk, cheese, yogurt, etc.
15. Apples, oranges, bananas, and many more.
17. Part of food that cannot be digested and which helps move material through the digestive tract.



Guide To Good Food Nutrition Crossword Answers

E Durkheim



Guide To Good Food Nutrition Crossword Answers:

Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center Food and Nutrition Information Center (U.S.),1977 **Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center** ,1977 Food and Nutrition Information and Educational Materials Center catalog Food and Nutrition Information Center (U.S.),1976 **A K-12 Resource Guide for Food and Nutrition** Florida. Home Economics Education Section,1976 Catalog Food and Nutrition Information Center (U.S.),1974

Nutrition - Book 3 Betty Wedman,2006-09-01 Provides an overview of the MyPyramid the new symbol for dietary guidelines for Americans introduced in 2005 Volume 3 of the three part series digs into the science as well as the economics of food *Nutrition - Book 3 (ENHANCED eBook)* Betty Wedman,2006-09-01 Confused by all the changes in the USDA s nutrition policies We have the books for you This three volume series builds awareness about healthy food and lifestyle choices in light of the most current thinking about nutrition and exercise These books contain reproducible pages 8 full color transparencies print books or PowerPoint slides eBooks and answer keys In addition to interpreting the new food plate this book digs even deeper into the science as well as the economics of food how marketing effects the kinds of foods introduced to American consumers The emphasis is on distinguishing nutritious food from junk food Games word searches matching activities and simple recipes for classroom preparation of healthy snacks are included **Nutrition in Teenage Pregnancy** Dian Gans,1983 Abstract A curriculum guide composed of 13 lessons for pregnant teenagers is presented The guide is designed to introduce nutrition through formatted activities which allow the teacher flexibility to address specific needs The program can be integrated into other disciplines e g language spelling home economics The introductory lesson helps teachers assess the current level of nutrition knowledge the students have included are a review of basic nutrition concepts pre test for lessons 1 13 and a student learning preference sheet Lessons 1 9 explore the pregnant teenager s nutrition requirements Lessons 10 13 discusses nutritional requirements during lactation and infant feeding Each lesson contains a focus statement behavioral objectives teacher notes references suggested activities and supplementary materials The appendix contains an annotated bibliography audio visual aids reprinted articles of special interest and a food composition table kbc Consumers' Guide ,1941 **Resources in Education** ,1994 **Nutrition Education Printed Materials and Audiovisuals** Shirley King Evans,1989 **Nutrition Education Resource Guide** ,1982 Abstract A resource guide lists evaluated nutrition education materials available nationwide with special emphasis for the Women Infants and Children and the Commodity Supplementary Foods Programs The format is designed to assist selecting acquiring and developing materials accurate and appropriate for WIC CSFP participants Every entry consists of an abstract descriptors and an appraisal plus information on format cost and availability a reading level based on Edward Fry s Readability Formula that Saves Time is given for most printed materials listed Two appendices provide the guidelines used to evaluate the materials

and the evaluation work sheets kbc *Study Guide for Nutrition* ,1998 **Development and Evaluation of a Nutrition Learning Package for Middle School** Nona Landt Crist,1972 *Quick Bibliography Series* ,1976 *The Software Encyclopedia 2001* ,2001 **Resources in Vocational Education** ,1980 **Planning for Student Success** ,1991
SRDS Consumer Magazine Advertising Source ,1998-05 *Food and You* Marjolijn Bijlefeld, Sharon K.

Zoumbaris,2001-05-30 What is the BMI How much should I be eating Do I really need to exercise Find the answers to these questions and other food body and health questions in this guide to understanding the fundamentals of good nutrition and its partner for optimum health physical activity Healthy eating can be a habit and good habits started earlier in life are easier to maintain Good nutrition and physical activity complement each other in weight loss cardiovascular health and other benefits This book provides the advice you need on how to get the most out of what you eat and how to develop healthier habits that will help keep you fit for a lifetime Most teens don't need to resort to special diets or programs they just need to know how to make sensible choices Definitions of good nutrition discussions of how the food you eat affects the way you feel and perform and information on how to use readily available tools such as the Nutrition Facts label and USDA Food Guide Pyramid are just some of the factors provided to help readers develop healthy habits Bijlefeld and Zoumbaris provide information on a number of other health matters from vegetarian diets to eating disorders to the affects of alcohol and drugs on the body You ll also learn how to make healthy choices in grocery stores and restaurants how to set up a kitchen of your own and how to keep your food safe all factors involved in helping you to stay healthy for peak performance in whatever you choose to do

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