

# 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



# Good Nutrition Crossword Puzzle

**J Rink**



## **Good Nutrition Crossword Puzzle:**

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Large Print Crossword Puzzles for Memory Enhancement Anne Hart,2005-05 Word or number games and puzzles reading writing creatively and analytically or conversation may be the best methods for keeping the mind sharp Use it or lose it applies to memory And crossword puzzle design or solving is one excellent way to begin to sharpen and focus as well as stay creative and analytical Solve these puzzles to enhance your memory at any age Or design your own puzzles based on your interest in a specific subject area or using general knowledge Try your hand at humorous puzzles or puzzles on one subject such as medical terminology anthropology genetics people and places foods cities of the world cultures folklore or your special interest area However you design and or solve numerous crossword puzzles you ll learn one more way to enhance memory and creative expression The puzzles are in both standard newspaper style in freeform word fashion Build puzzles from your own word list or from a variety of affordable puzzle generating software with built in word lists searches and dictionaries Solving or designing word puzzles enhances your memory helps to stimulate your brain to build new neurons and other connections and helps you to exercise your verbal skills      **Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975** Food and Nutrition Information and Educational Materials Center (U.S.),1975      *Life Skills Curriculum: ARISE Sprouts, Book 2: Physical and Emotional Development (Instructor's Manual)* ARISE Foundation Staff,2011-07-02 ARISE Sprouts Physical and Emotional Development discusses real life lessons on the hardships responsibilities and sacrifices of teen parenthood Your students will learn about raising a healthy baby sleep nutrition doctor visits and encouraging a baby s emotional growth These Physical and Emotional

Development life skills are sure to prevent teen pregnancy by letting learners realize the full scope of what it takes to parent a child

**Ebony Jr.**, 1980-06 Created by the publishers of EBONY During its years of publishing it was the largest ever children focused publication for African Americans

**Staying Healthy with Nutrition**, rev Elson Haas, Buck Levin, 2012-11-20 The twenty first century edition of this groundbreaking work presents authoritative health and nutrition information available in an easy to use format and a friendly engaging tone An excellent guide for those wishing to make smarter dietary choices Andrew Weil M D author of Healthy Aging Decades of practical experience and scientific research from Dr Elson Haas and Dr Buck Levin are compiled into one encyclopedic volume that features newly expanded chapters on special supplements lifestage programs and breakthrough medical treatment protocols for fatigue viruses weight management and mental and mood disorders such as anxiety ADHD and depression Part One gives a detailed analysis of the building blocks of nutrition water carbohydrates proteins fats and oils vitamins minerals and other nutrients Part Two evaluates food and diets discussing every food group and most diets around the world A special chapter on the environment and nutrition raises awareness and offers guidance about food additives industrial chemicals food irradiation electro pollution and other health and ecological issues Part Three brings all of this nutritional information together showing readers how to make wise and commonsense choices while building a healthy diet A personalized eating plan for the year the Ideal Diet is both seasonally and naturally based and a healthy lifelong diet Part Four contains specific nutritional and life style therapies for enhancing all stages of life and suggests treatments for common conditions and diseases such as aging menopause bone loss weight loss and cancer by focusing on nutritional applications thirty two special diet and supplemental programs Anyone interested in enhancing wellness eating right treating illness naturally and living in harmony with nature will find Staying Healthy with Nutrition to be the ultimate handbook for optimal health and vitality

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Lesson Guide for Captioned Films, XX, 1984

**Nutrition Education Printed Materials and Audiovisuals** Shirley King Evans, 1990

Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975 National Agricultural Library (U.S.), 1975

Adult/patient Nutrition Education Materials Natalie A. Updegrave, Natalie Updegrave Partridge, 1990

Sports Nutrition Workbook and Assessments Fink, Heather Hedrick Fink, Lisa A. Burgoon, Alan E. Mikesky, 2010-09-10 Sports Nutrition Workbook and Assessments provides expanded or alternative activities that will broaden students understanding of sports nutrition The workbook can be used as a standalone or in conjunction with the Third Edition of Practical Applications in Sports Nutrition Features Real life examples problems and case studies from the sports nutrition field Exercises and activities to help students review chapter topics and assess their own health behaviors in relation to these topics Crossword puzzles using key terms encountered by sports nutrition professionals

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