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Food and Nutrition Crossword Puzzle

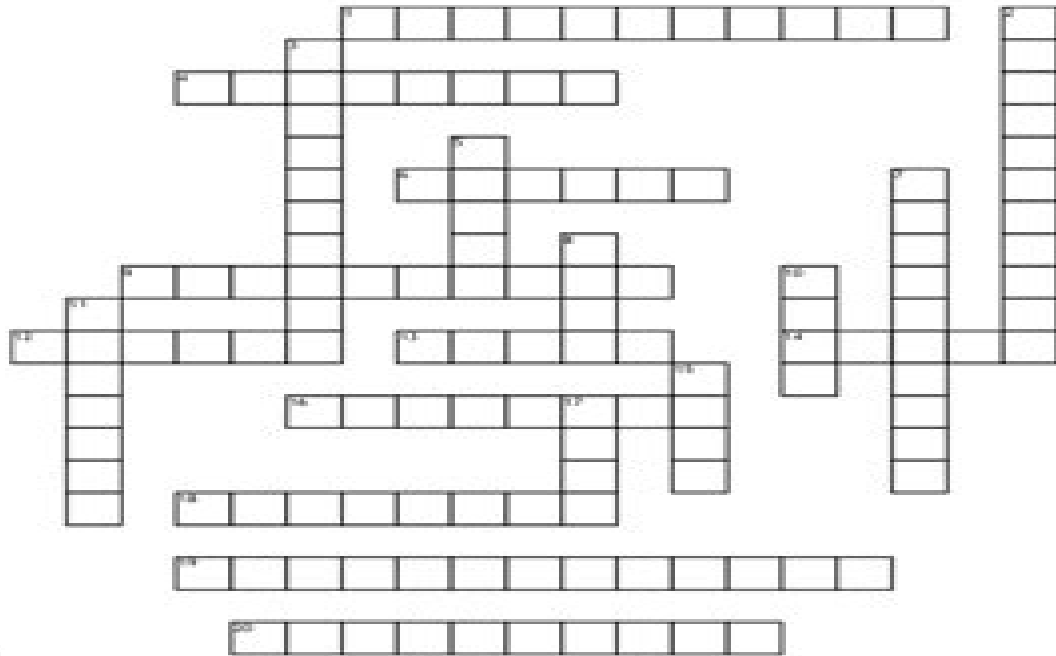
Across

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

Jicheng Xie



Guide To Good Food Nutrition Crossword:

Guide to Good Food Velda L. Largen, Deborah L. Bence, 2013-12-06 Guide to Good Food provides an in depth look at how to select store prepare and serve nutritious appealing dishes Menus and recipes with easy to follow step by step directions and nutritional analyses are included Food related careers are profiled in every chapter and Career Success features are found throughout Healthful lifestyles are supported by the inclusion of MyPlate and the latest Dietary Guidelines for Americans Students can explore the culture and cuisine of over 30 countries in the Foods of the World section Math food science and social studies are introduced into the curriculum through features and activities Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1975 **Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information Center (U.S.), 1977 *Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975* National Agricultural Library (U.S.), 1975 **Quick Bibliography Series**, 1976 **Killer Bees/Africanized Bees** Sheldon Cheney, 1990 How to Buy Food United States. Agricultural Marketing Service, 1973 **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 **Lesson Guide for Captioned Films, XX**, 1984 **Catalog** Food and Nutrition Information Center (U.S.), 1974 FNS, 1983 *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center (U.S.), 1976 **Catalog. Supplement - Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information and Educational Materials Center (U.S.), 1976 **Sources and Management of Micro-organisms for the Development of a Fermentation Industry** C. William Hesseltine, 1974 Set includes revised editions of some issues Resources in Education, 1996-07 *Australian national bibliography*, 1961 *Nutrition Education Materials* Holly Berry Irving, 1987 *A K-12 Resource Guide for Food and Nutrition* Florida. Home Economics Education Section, 1976 **Agriculture Handbook**, 1949 Set includes revised editions of some issues **Adult/patient Nutrition Education Materials** Natalie A. Updegrave, Natalie Updegrave Partridge, 1990

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