Name: _____ Date: ____

Food and Nutrition Crossword Puzzle

Across

 Where we get most of our water

4. Worst kind of fat

A yellow spread that contains trans fat

Best kind of bread to eat

 The amount of amino acids a person needs to consume

13. How many glasses of water should a person drink daily?

Another word for fat

16. A kind of protein that contains all of the essential amino acids

Something men need more than women

Where most of our energy comes from

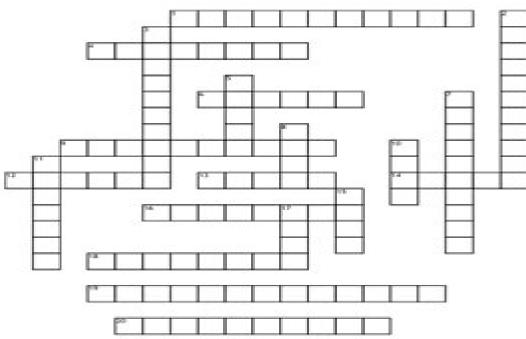
20. A red fruit that is not a good source of carbs

Down

2. Best kind of fat that can be found in avocado

This fruit is made up of 92% water

A substance usually used as a sweetener in food



A kind of protein that is lacking in all the amino acids

A seafood that is high in protein

We get this from cows

11. Type of sugar

 Comes from animals and contains saturated fat

 A food that comes in a shell and is high in protein



Guide To Good Food Nutrition Crossword Key

Sheldon Cheney

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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 Guidelines as well as coverage of material such as digestion metabolism chemistry and life cycle nutrition Personal Support Workers Marilyn McGreer,Pamela J. Carter,2010-10-27 Description to come

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