

# 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 Crossword Puzzle Answers**

**Shirley King Evans**



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Food and Nutrition Information Center (U.S.),1977      **Catalog** Food and Nutrition Information Center (U.S.),1974

Guide to Good Food Deborah L. Bence,Velda L. Largen,2013-12-17 *Guide to Good Food Student Workbook* helps students understand and remember facts and concepts about food and nutrition Activities are divided into chapters that correspond to the chapters in the *Guide to Good Food* textbook These activities include crossword puzzles true and false questions fill in the blank sentences evaluations and comparisons      **Food and Nutrition Information and Educational Materials Center**

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**Adult/patient Nutrition Education Materials** Natalie A. Updegrave,Natalie Updegrave Partridge,1990      **A K-12**

**Resource Guide for Food and Nutrition** Florida. Home Economics Education Section,1976      **Catalog. Supplement -**

**Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information and Educational Materials Center (U.S.),1976      Quick Bibliography Series ,1976      *The National and English Review* ,1959

**Consumers' Guide** ,1941      *Killer Bees/Africanized Bees* Sheldon Cheney,1990      **Willing's Press Guide and**

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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 discuss 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

*Nutrition Education Printed Materials and Audiovisuals* Shirley King Evans, 1989      Resources in Education , 1998

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