

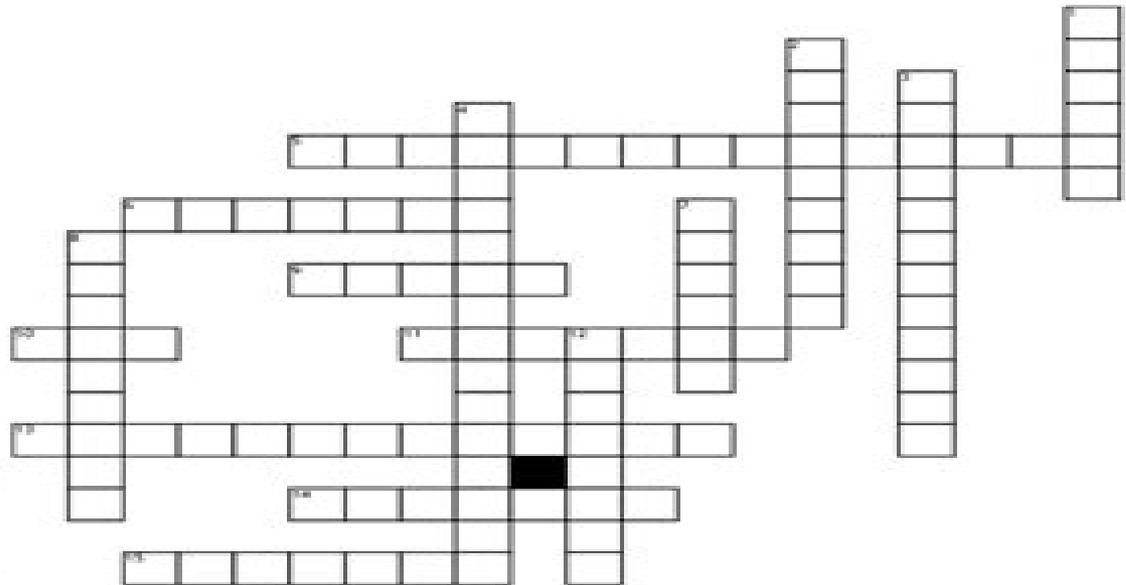
# Nutrition Crossword Puzzle

## Across

5. One type of unsaturated fat: m\_\_\_\_\_.
6. Try different vegetables, because our bodies like \_\_\_\_\_.
9. One of the most harmful fats: t\_\_\_\_\_.
10. The body uses \_\_\_\_\_ as fuel.
11. What is a unit of energy that measures how much energy food provides to the body?
13. These are great sources of energy in fruits and vegetables.
14. Sources of this can be added to fruit and vegetable snacks to make them even more nutritious and delicious
15. Light (lite) and \_\_\_\_\_-fat foods may still be high in fat.

## Down

1. \_\_\_\_\_ are nutrients in food that the body uses to build cell membranes, nerve tissue (like the brain), and hormones.
2. One of the most harmful fats: s\_\_\_\_\_.
3. Trans and saturated fats can cause what?
4. One type of unsaturated fat: p\_\_\_\_\_.



7. Unsaturated fats are \_\_\_\_\_ at room temperature.

8. To include more fruits and veggies in your diet, when would be the ideal meal to eat them during to encourage such a habit?

12. What is the requirement for a food to be labeled light (lite)? Have 50% less fat or \_\_\_\_\_ fewer calories per serving



# Nutrition Crossword Answers

**Food and Agriculture Organization of  
the United Nations**



## **Nutrition Crossword Answers:**

**Better Nutrition** ,1999-02 Reaching nearly 1 million readers monthly Better Nutrition celebrates 70 years as a leading in store distributed magazine for health conscious consumers Widely distributed to thousands of health food stores and grocery chains across the country Better Nutrition provides authoritative well researched information on food nutrition dietary concerns supplements and other natural products

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*Development and Evaluation of a Nutrition Learning Package for Middle School* Nona Landt Crist,1972 *Study Guide for Sizer and Whitney's Nutrition Concepts and Controversies* Frances Sizer,Ellie Whitney,Jana R. Kicklighter,2005-05 The study guide provides students with a detailed review of chapter material reiterating chapter objectives and key concepts The guide challenges students with crossword puzzles and matching exercises reviewing glossary terms from the chapter and probing short answer and essay questions to test the students overall grasp of the material Included is a sample test for each chapter as well as helpful study tips **Nursing Homes** ,1974 Instructor ,1992 *Workbook to Accompany Introduction to Nursing Assisting* Rita Frey,1995-12 This is the ideal learning tool for those in the nursing medical assisting profession seeking to improve their English language skills **Caribbean Digest** ,1983 **Home Science** ,1977 *Resources in Education* ,1994 **Forecast for Home Economists** ,1961 Journal of the Colorado Dental Association Colorado Dental Association,1975 **The Northeast Improver** ,1984 **FAO Nutritional Studies** Food and Agriculture Organization of the United Nations,1971

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