Family & Consumer Sciences Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Period\_\_\_\_\_\_\_

j0237801Home & Careers 7

Nutrition Unit

|  |  |
| --- | --- |
| Across  2. They're good for your eyesight & packed with vitamin A  4. This veggie comes on the cob  8. Sources of protein and fat: pecans, almonds, cashews  9. "Cultured" dairy food that is packed with calcium  13. A meal that gets you going in the A.M.  15. Star liquid of the dairy group  16. Essential fluid, comes from the tap  17. To lose weight, eat less, and \_\_\_\_ more  18. Swimmingly good low-fat protein food  19. Bone-building mineral in milk  20. Potassium-packed fruit that monkeys love to eat  21. Chips, fries are made from it | Down  1. To little of this mineral will make you feel weak and tired  2. Fruit, bread, cereal, macaroni are packed with this nutrient  3. The lowest fat milk  4. Protein, calcium source that is nice for mice-and for you  5. Humpty Dumpty, high in protein  6. A measure of the energy in food  7. You may eat it after school, before bed or between meals  10. The science of food, vitamins, and minerals  11. Give one to your teacher; it's high in fiber  12. Number of fruits & vegetables servings you should try to eat each day  14. Margarine, butter, oil are sources of this high-calorie nutrient  20. Toasted or not, it's got B vitamins |

**Learning Nutrition's ABC'S** 