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

Home & Careers 7

Nutrition Unit

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| Across2. They're good for your eyesight & packed with vitamin A4. This veggie comes on the cob8. Sources of protein and fat: pecans, almonds, cashews9. "Cultured" dairy food that is packed with calcium13. A meal that gets you going in the A.M.15. Star liquid of the dairy group16. Essential fluid, comes from the tap17. To lose weight, eat less, and \_\_\_\_ more18. Swimmingly good low-fat protein food19. Bone-building mineral in milk20. Potassium-packed fruit that monkeys love to eat21. Chips, fries are made from it | Down1. To little of this mineral will make you feel weak and tired2. Fruit, bread, cereal, macaroni are packed with this nutrient3. The lowest fat milk4. Protein, calcium source that is nice for mice-and for you5. Humpty Dumpty, high in protein6. A measure of the energy in food7. You may eat it after school, before bed or between meals10. The science of food, vitamins, and minerals11. Give one to your teacher; it's high in fiber12. Number of fruits & vegetables servings you should try to eat each day14. Margarine, butter, oil are sources of this high-calorie nutrient20. Toasted or not, it's got B vitamins |

**Learning Nutrition's ABC'S** 