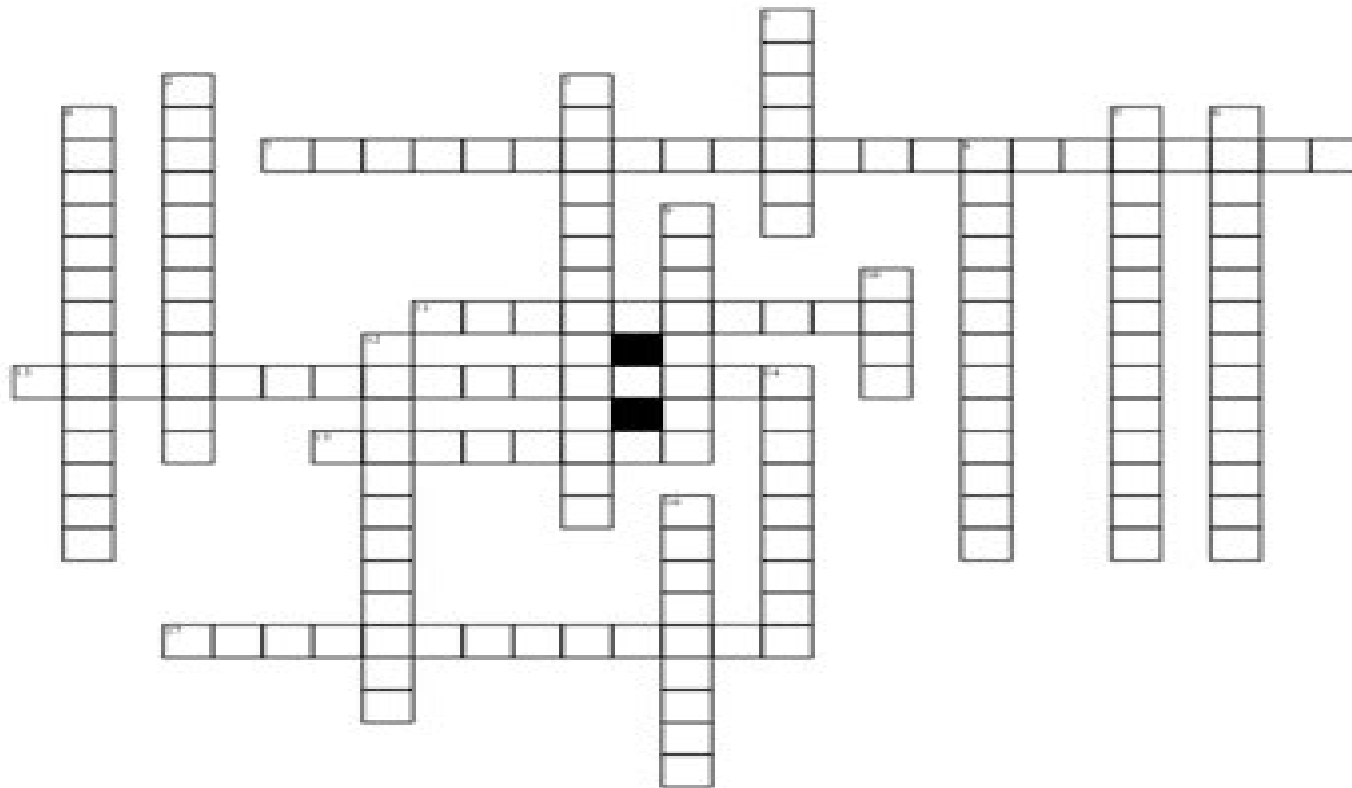


# Promoting Good Nutrition



## Across

7. A listing of daily estimated nutrients requirements, use to assess diets for adequacy at the nutrients level.
11. A sleep disorder in which a persons breathing pauses during their sleep.
13. Refers to the best possible nourishment for children, it is based amount of foods in the diet.
15. An in organic or non carbon containing class of micronutrients that re required in a small amount and must obtained from the diet.
17. In which children consume and excess of nutrients required for normal growth, development and metabolism. A type of malnutrition in which individuals consume to many calories.

## Down

1. A nutritional deficiency caused by the lack of Vitamin D, can cause bones to form properly resulting in severe skeleton deformities.
2. Refers to psychological and social factors that effect well-being
3. Natural compound found in plants that may protect against diseases and support good health.
4. The amount of energy or calories used by the body during the rest and physical activity
5. In which children do not consume enough calories, protein, and other nutrients to meet their body needs.
6. Nutrients category that includes protein, fat, carbohydrates, they are the energy or calories providing nutrients and are needed in a large amount of diets.

8. Macronutrients in the form of sugar and starches that provide body with energy.

9. An organic or carbon containing class of essential micronutrients that are made in the body or in sufficient amounts to support the body needs and therefore must be obtained from the diet.

10. Macronutrients that provide the most concentrated sources of energy of the body, also used to cushion the organs and to isolate the body.

12. Natural compounds found in plants that may protect cells from damage and thereby decrease the risk of cancer.

14. Refers to the relationship between the nutrients found in foods and their influence on the human body.

16. As substances found in foods that are essential requirements of life and are necessary for survival and growth.

# Good Nutrients Crossword Puzzle

**M Carnoy**



## **Good Nutrients Crossword Puzzle:**

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*Nutrition Education--1972[-1973].* United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1973      Large Print Crossword Puzzles for Memory Enhancement Anne Hart,2005-05 Word or number games and puzzles reading writing creatively and analytically or conversation may be the best methods for keeping the mind sharp Use it or lose it applies to memory And crossword puzzle design or solving is one excellent way to begin to sharpen and focus as well as stay creative and analytical Solve these puzzles to enhance your memory at any age Or design your own puzzles based on your interest in a specific subject area or using general knowledge Try your hand at humorous puzzles or puzzles on one subject such as medical terminology anthropology genetics people and places foods cities of the world cultures folklore or your special interest area However you design and or solve numerous crossword puzzles you ll learn one more way to enhance memory and creative expression The puzzles are in both standard newspaper style in freeform word fashion Build puzzles from your own word list or from a variety of affordable puzzle generating software with built in word lists searches and dictionaries Solving or designing word puzzles enhances your memory helps to stimulate your brain to build new neurons and other connections and helps you to exercise your verbal skills      **Catalog** Food and Nutrition Information Center (U.S.),1974      **Nutrition Education, 1972** United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1973      **Nutrition Education Materials** Holly Berry Irving,1987      Nutrition - Book 3 (ENHANCED eBook) Betty Wedman,2006-09-01 Confused by all the changes in the USDA s nutrition policies We have the books for you This three volume series builds awareness about healthy food and lifestyle choices in light of the most current thinking about nutrition and exercise These books contain reproducible pages 8 full color transparencies print books or PowerPoint slides eBooks and answer keys In addition to interpreting the new food plate this book digs even deeper into the science as well as the economics of food how marketing effects the kinds of foods introduced to American consumers The emphasis is on distinguishing nutritious food from junk food Games word searches matching activities and simple recipes for classroom

preparation of healthy snacks are included      *Nutrition Education Printed Materials and Audiovisuals* Shirley King Evans,1989      **Hearings** United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1973

**Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975** Food and Nutrition Information and Educational Materials Center (U.S.),1975      **Nutrition and the Elderly** Shirley King Evans,1990      Lesson Guide for Captioned Films, XX ,1984      *Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information Center (U.S.),1977

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