

NUTRITION



NUTRITION

Name: _____ Date: _____ Class: _____



ACROSS

1. Fats that are solid at room temperature like butter
2. Essential nutrients like A, C, and D
3. Unit of energy in food
4. Nutrient substance in the body can be good or bad
11. Simple sugar, energy source
14. Healthy fats from plants and fish, the olive oil
15. Read more iron, low red blood cell count
17. Stored form of glucose
18. High in nutrients, low in calories
19. Excessive nutrient and calorie intake
21. Seafood, nuts
22. Not always bad, think avocado
23. Essential nutrients like iron and calcium
24. Keeps you regular and aids digestion

DOWN

1. Building blocks of proteins
2. Nutrient for muscle building
3. Difficulty digesting certain foods like lactose or gluten
7. Toxins from contaminated food
9. Not enough nutrients
10. Unhealthy fats from hydrogenated oils often found in packaged foods
12. Bone weakening disease
13. E.g. Bread and pasta
16. Body's process of converting food to energy
20. Substance in food for growth and health

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VOCABULARY
RICH



GREAT FOR EARLY FINISHERS

Good Nutrition Crossword Puzzle 14 Reinforcement

Hongru Du



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Nutrition Education Printed Materials and Audiovisuals Shirley King Evans,1989 Nutrition Education Materials Holly Berry Irving,1987 *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center (U.S.),1976 **Catalog** Food and Nutrition Information Center (U.S.),1974 *Shellfish Culture, 1979-1986* Deborah T. Hanfman,1987 **Science in Your World: Teacher edition** Jay K. Hackett,1991 **Quick Bibliography Series** ,1976 Teaching Today's Health David J. Anspaugh,1987 *Good Housekeeping* ,1938 **Film and Video Finder, 1997** ,1997 The Software Encyclopedia ,1988 **El-Hi Textbooks in Print** ,1981 **The Publishers' Circular and Booksellers' Record** ,1950 *Forthcoming Books* Rose Arny,1997 **Index to Media and Materials for the Mentally Retarded, Specific Learning Disabled, Emotionally Disturbed** National Information Center for Special Education Materials,1978 Books in Print ,1981 **International Books in Print** ,1979 **Children's Books in Print** ,1987 Books in Print Supplement ,1979

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In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Good Nutrition Crossword Puzzle 14 Reinforcement**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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