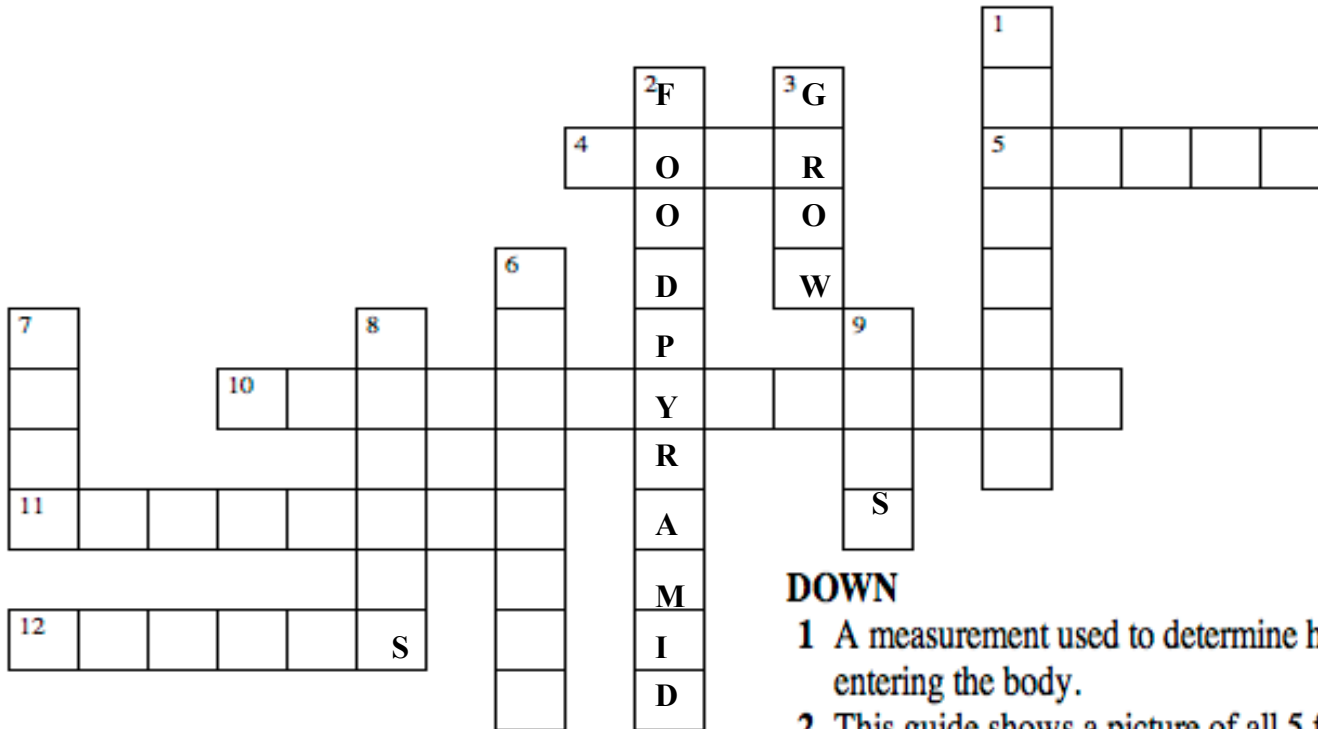

(First)

(Last)

(Teacher)

MISSION NUTRITION



ACROSS

- 4 The number of calories in one gram of protein.
- 5 A food ____ is located on every food package and contains nutrition information.
- 10 A nutrient found in foods like bread that give us instant energy.
- 11 To stay healthy, it is important to balance calories in your body with plenty of ____ everyday.
- 12 This group offers tasty snacks that are high in natural sugars.

DOWN

- 1 A measurement used to determine how much food energy is entering the body.
- 2 This guide shows a picture of all 5 food groups and how much you should have of each.
- 3 It is important to eat enough calories everyday so that you have enough energy and to help you ____.
- 6 This nutrient is found in foods like meats, nuts and beans and can help repair and build muscle.
- 7 The number of calories in one gram of fat.
- 8 This food group has the highest amount of carbs.
- 9 This nutrient is important, but eating too much can lead to stored energy.

TURN INTO MR. MILLSAP BY DECEMBER 16th