Intro to Nutrition and Health

Complete the crossword below

12 Across
1. Carbohydrates

3 Across
9. Vitamins

6 Across
10. Fats

7 Across
14. Minerals

8 Across
15. Proteins

9 Across
11. Water

16 Across
17. Fiber

18 Across
13. Body weight

18 Down
14. Heart health

17 Down
13. Digestion

16 Down
12. Water balance

15 Down
11. Blood pressure

14 Down
9. Hormones

13 Down
10. Energy production
Across
1. All meats should be stored on the ______ shelf of the refrigerator
5. The tool you use to drain a pot of macaroni
6. Do this with your leftovers instead of letting them sit on the counter
7. Make sure you ________ all meat to the proper internal temperature
10. Keep ___________ cutting boards for raw meats and vegetables
11. What you get if food is not cooked or handled properly
15. The food items that you need to complete your recipe are called ________
17. Do not throw this on to a grease fire
18. In your diet it is important to avoid ______ fat

Down
2. Foods that are grown without pesticides are hormones are called ________
3. This nutrient helps to build and repair muscles
4. What happens when you don't drink enough water
6. This type of knife is used for most mincing, slicing and dicing
7. What you do to your hands, utensils, and surfaces before, during and after cooking
8. What you use to handle hot foods
9. The best way to thaw frozen food is in the ________
12. This food group includes bread, pasta and cereal
13. The breakdown of food so that your body can absorb nutrients is called ________
14. The abbreviation for teaspoon
16. Calories tell you how much ________ is in your food