



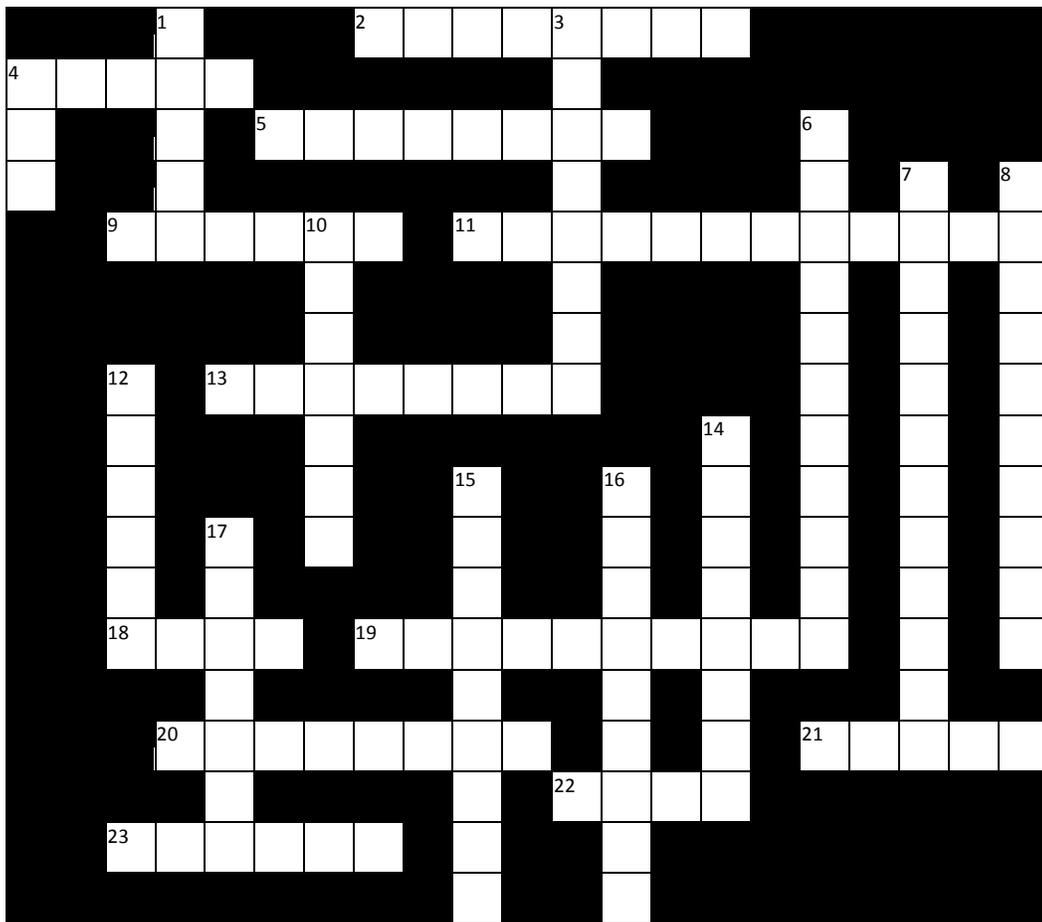
Healthy Eating!



Use the Healthy Eating Terms that you have learned to complete this Crossword Puzzle!

ACROSS

- 2 Helps keep gums and teeth healthy and promotes normal wound healing. Comes from citrus fruits, tomatoes, cabbage, broccoli, strawberries, kiwi and more!
- 4 _____ should be prepared with little or no added fat, sugar or salt. You should have this more often than juice.
- 5 Helps the body absorb the calcium and phosphorus needed for strong bones and teeth. Also known as the "sunshine" vitamin.
- 9 A list of ingredients and directions to make something (e.g. soup, cookies, pizza)
- 11 A nutrient that provides our main source of energy to our muscles and brains. It is found mainly in grain products, vegetables and fruit.
- 13 Nutrients needed by the body in very small amounts (e.g. Vitamin A and Folic Acid). They do many things to help the body grow and stay healthy.
- 18 Drink 500 ML (2 cups) each day for adequate vitamin D
- 19 Eating more food on a daily basis than the body's requirement. Eating past satiety, and above maintenance and growth needs.
- 20 These fats are found in vegetable oils that have been treated to stay solid or semi-solid at room temperature. You will find these unhealthy fats in many processed foods like cookies, crackers and snack foods.
- 21 Fluid that is essential for life. Much of the body is made up of this fluid. It carries other nutrients to all parts of the body and carries waste from all parts of the body.
- 22 The food and drink usually consumed from day to day
- 23 The ability of foods to maintain life and do work in the body. Measured in Calories (Cal) or kilojoules (kJ).



DOWN

- 1 The indigestible part of plant foods that helps to move food through the digestive tract.
- 3 Nutrients needed by the body in very small amounts. They help the body in many ways (e.g., build bones and teeth and help build muscles).
- 4 A nutrient that gives us energy. It has many functions, including transporting nutrients and forming part of many body cells. It is found naturally in animal products (e.g., meat, cheese, milk) and vegetable oils. It is often added to food for flavour.
- 6 Eating less food on a daily basis than the body's energy and nutrient requirements for growth, development and overall health and well-being. Not eating in response to internal hunger cues.
- 7 A type of fat found naturally in butter, cheese, whole milk and meat. Too much of this unhealthy fat may raise cholesterol levels.
- 8 All the chemical processes in a living organism producing energy and supporting growth.
- 10 A nutrient that provides energy for our bodies and is also used to build up and maintain the tissues throughout the body - muscles, organs and some hormones. It is found in milk products, eggs, meat, poultry, fish, nuts, seeds and legumes.
- 12 A mineral important for transmitting nerve impulses and maintaining balance in the body fluids outside of the cells.
- 14 A chemical substance found in food that is used by the body for growth and health. They provide energy, serve as building material, and help maintain or repair body parts.
- 15 Eat at least 1 dark green one and 1 orange one each day
- 16 Mineral important for transmitting nerve impulses and maintaining the fluid balance in the body.
- 17 The measure of energy supplied by the food we eat



Funded By:





Healthy Eating!



Definitions

Calorie	The measure of energy supplied by the food we eat
Carbohydrate	A nutrient that provides our main source of energy to our muscles and brains. It is found mainly in grain products, vegetables and fruit.
Diet	The food and drink usually consumed from day to day
Energy	The ability of foods to maintain life and do work in the body. Measured in Calories (Cal) or kilojoules (kJ).
Fat	A nutrient that gives us energy. It has many functions, including transporting nutrients and forming part of many body cells. It is found naturally in animal products (e.g., meat, cheese, milk) and vegetable oils. It is often added to food for flavour.
Fibre	The indigestible part of plant foods that helps to move food through the digestive tract.
Fruit	Fruit should be prepared with little or no added fat, sugar or salt. You should have this more often than juice.
Metabolism	All the chemical processes in a living organism producing energy and supporting growth.
Milk	Drink 500 ML (2 cups) each day for adequate vitamin D
Minerals	Nutrients needed by the body in very small amounts. They help the body in many ways (e.g., build bones and teeth and help build muscles).
Nutrient	A chemical substance found in food that is used by the body for growth and health. They provide energy, serve as building material, and help maintain or repair body parts.
Overeating	Eating more food on a daily basis than the body's requirement. Eating past satiety, and above maintenance and growth needs.
Potassium	Mineral important for transmitting nerve impulses and maintaining the fluid balance in the body.
Protein	A nutrient that provides energy for our bodies and is also used to build up and maintain the tissues throughout the body - muscles, organs and some hormones. It is found in milk products, eggs, meat, poultry, fish, nuts, seeds and legumes.
Recipe	A list of ingredients and directions to make something (e.g. soup, cookies, pizza)
Saturated Fat	A type of fat found naturally in butter, cheese, whole milk and meat. Too much of this unhealthy fat may raise cholesterol levels.
Sodium	A mineral important for transmitting nerve impulses and maintaining balance in the body fluids outside of the cells.
Trans Fat	These fats are found in vegetable oils that have been treated to stay solid or semi-solid at room temperature. You will find these unhealthy fats in many processed foods like cookies, crackers and snack foods.
Undereating	Eating less food on a daily basis than the body's energy and nutrient requirements for growth, development and overall health and well-being. Not eating in response to internal hunger cues.
Vegetable	Eat at least one dark green and one orange vegetables each day
Vitamin C	Helps keep gums and teeth healthy and promotes normal wound healing. Comes from citrus fruits, tomatoes, cabbage, broccoli, strawberries, kiwi and more!
Vitamin D	Helps the body absorb the calcium and phosphorus needed for strong bones and teeth. Also known as the "sunshine" vitamin.
Vitamins	Nutrients needed by the body in very small amounts (e.g. Vitamin A and Folic Acid). They do many things to help the body grow and stay healthy.
Water	Fluid that is essential for life. Much of the body is made up of this fluid. It carries other nutrients to all parts of the body and carries waste from all parts of the body.