



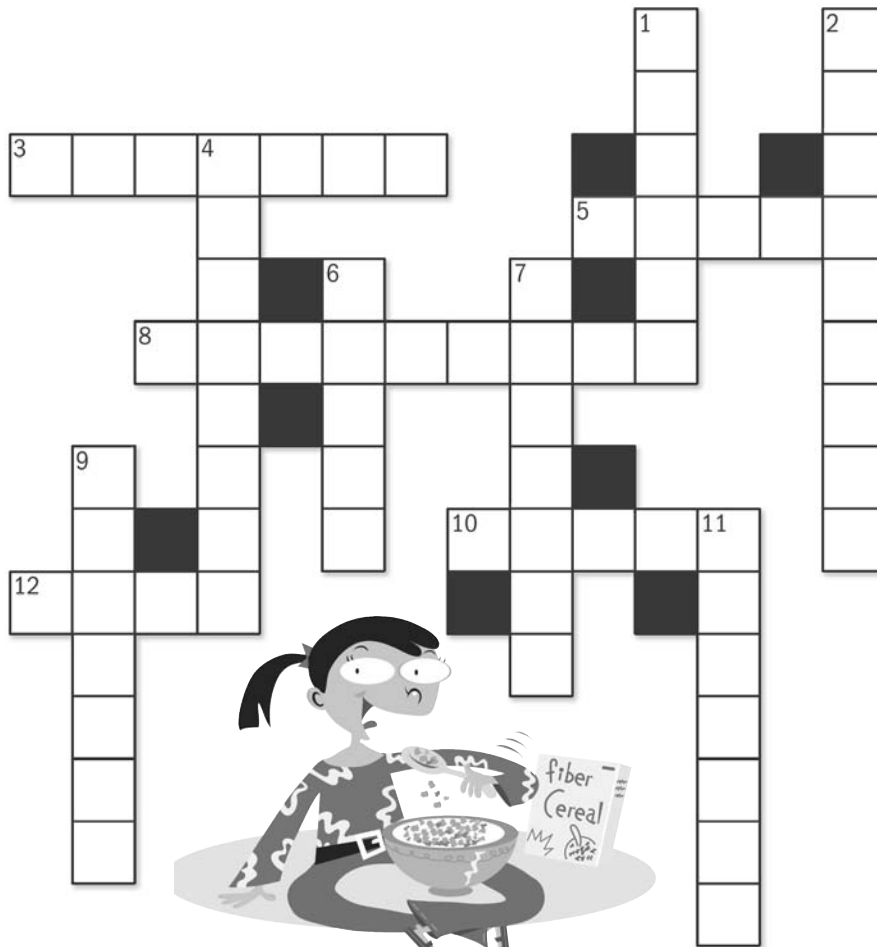
Name: _____

Nutrition Know-How Crossword

How much do you know about healthful (and not-so-healthful) elements in food? Solve the crossword puzzle to test your nutrition sense. If you need more information, head to the library or the Internet.

WORD BANK

Calcium
 Calories
 Daily
 Fats
 Fiber
 Grams
 Healthy
 Mineral
 Nutrition
 Potassium
 Serving
 Sodium



Across

3. _____ builds strong bones and teeth.
5. With the skin on, a potato is packed with _____ that aids digestion.
8. This mineral, found in potatoes, can help maintain a normal blood pressure.
10. One 5.3 oz. potato equals 148 _____ of this metric measure.
12. Health experts recommend we get less than 30% of our calories from these per day.

Down

1. Too much of this can aggravate high blood pressure.
2. The _____ Facts Label is on all packaged food.
4. How much energy we get from food is measured by these units.
6. DV stands for _____ Value.
7. Calcium is not a vitamin. It's a _____.
9. Eating foods low in refined sugars and high in vitamins and minerals is a _____ choice.
11. This tells the amount of food typically eaten at one time.

