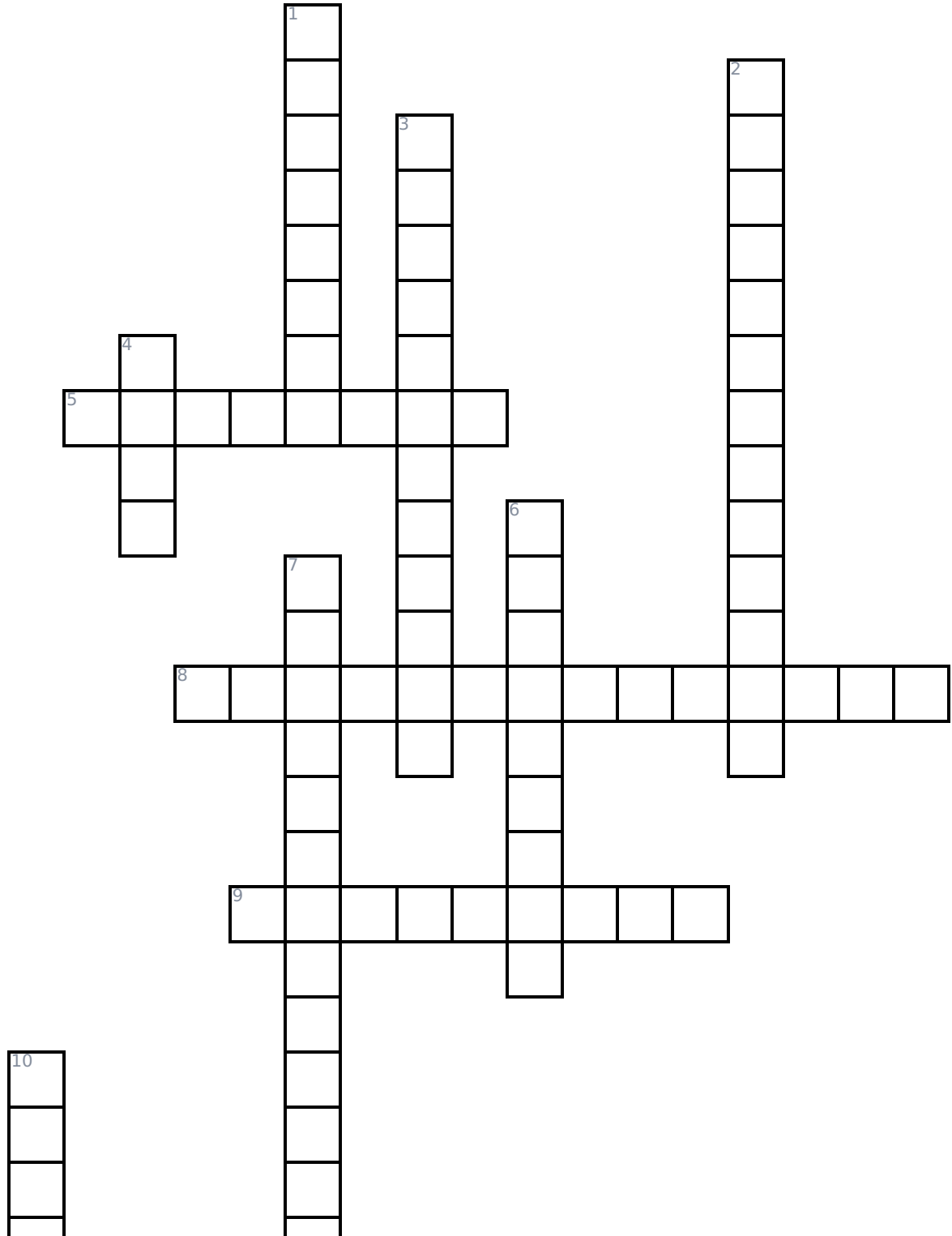


Food And Nutrition For Every Kid: Criss Cross

Answer clues based on the content and vocabulary words from Food And Nutrition For Every Kid. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.



A 12x12 grid is shown. The top-left 3x3 subgrid is highlighted with a thicker border. The cell at row 1, column 1 of this subgrid (the top-left cell of the entire grid) contains the number '11'.

Across

5. ____ are microscopic one-celled living organisms found all around us.
8. The ____ are water, carbohydrates, fats, and proteins.
9. ____ are the materials in food that your body needs to grow, have energy, and stay healthy.
11. Sodium increases the risk of ____ in people who have inherited a tendency for this disease, also called high blood pressure.

Down

- 1. Fat is needed as stored energy and to ____ your body from the cold.
- 2. ____ are your body's most important source of energy.
- 3. Sweat is a common name for ____, salty water released through your pores.
- 4. The term ____ is commonly used to mean sodium chloride.
- 6. ____ fats are considered bad for your body because they cause a number of health problems, from heart disease to cancer.
- 7. Vitamins and minerals are called the ____.
- 10. ____ can be made by both plants and animals.

Word Bank

NUTRIENTS	MACRONUTRIENTS	MICRONUTRIENTS	CARBOHYDRATES
PERSPIRATION	BACTERIA	INSULATE	SATURATED
PROTEINS	HYPERTENSION	SALT	

Answer Key

