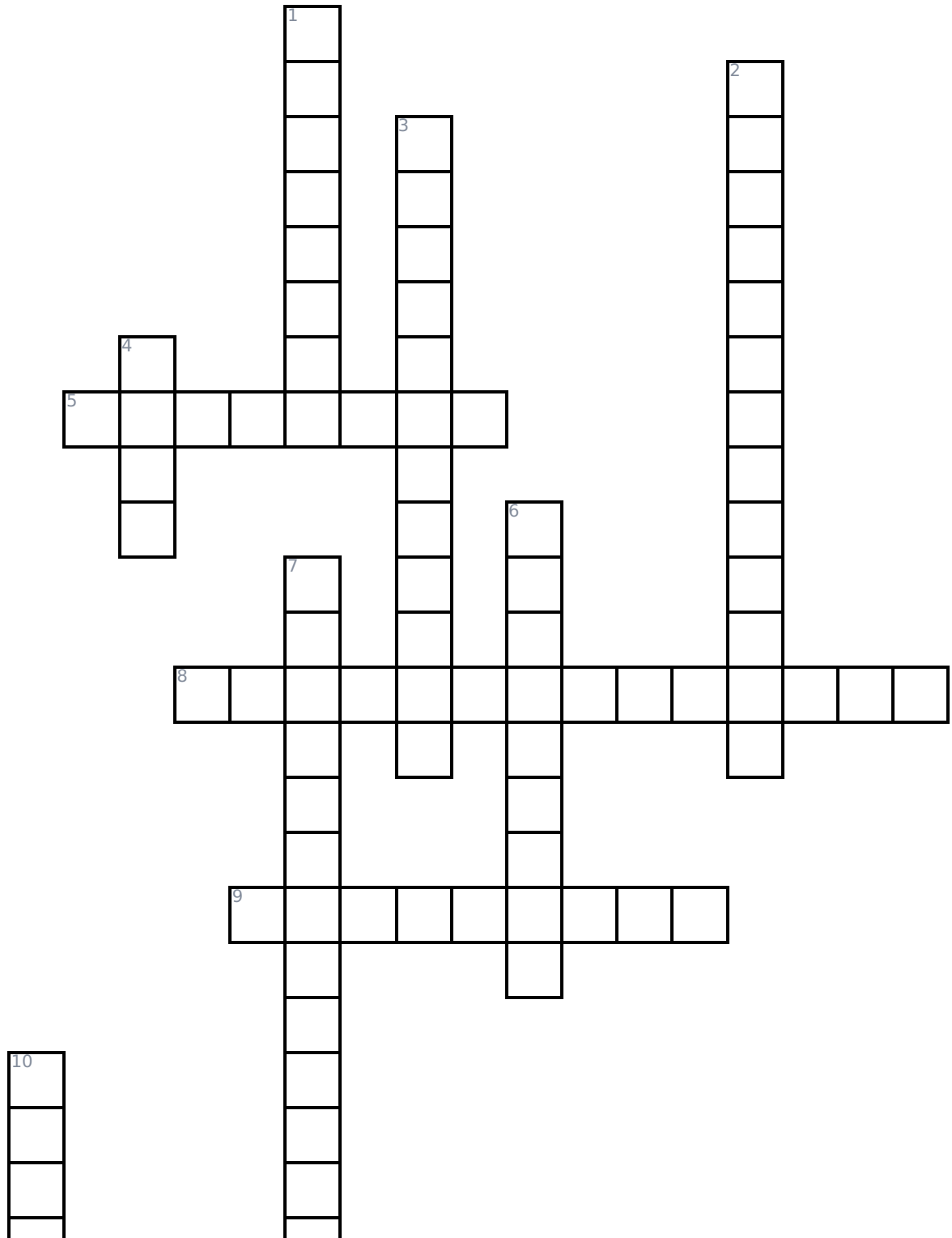


## Food And Nutrition For Every Kid: Criss Cross

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.





## 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

