Maintaining a Healthy Body Crossword

Use the clues on Page 6 to fill out the crossword about maintaining a healthy body below! You can also use the word list below to help you out.

Date: ____________________  Name: ____________________

CAKE  CARBOHYDRATES  CIRCULATORY  COMPLEX  DAIRY  EATING  FATS

FOOD  FRUIT  GRAINS  GROUP  GUIDE  HEALTHY  INTEGUMENTARY

MEAT  MILK  MINERALS  MUSCULAR  NERVOUS  NUTRIENTS  PROTEINS

RESPIRATORY  SERVING  SKELETAL  VITAMINS

Turn the page to continue this activity!
ACROSS

2 Carbohydrates are the main type of nutrient received from this food group

4 Essential nutrients important for growth and nourishment. Foods sometimes have ________ added to them to increase their nutritional value.

7 The amount of food represented on a nutrition label is called a ________ size

9 This system involves the parts of the body that help a person breathe

10 The name of the substance from which humans receive nutrients.

11 The system in the body that includes the nerves is called the ________ system

12 The ________ system includes the skin, hair and nails

14 Blood is an important part of the ________ system

16 The system in the body comprised of bones is called the ________ system

17 Provided through a variety of foods, these essential nutrients are most often recognized by letter names

19 The building blocks needed for growth and maintenance of a healthy body are called ________

21 Foods such as bread and rice that have starch and cellulose are called ________ carbohydrates

22 A dairy product that provides the body with calcium and fat

23 More then one object in the same place or area is called a ________

DOWN

1 The action of consuming food is called ________

3 This food provides essential vitamins and minerals and can sometimes act as a dessert

5 The body receives most of its energy from this source

6 Not diseased

8 The substances that provides nourishment. Can be separated into five categories

10 ________ are a high-calorie source of energy necessary for the maintenance of healthy skin

13 Canada’s Food ________ to Healthy Eating provides a recommended outline of what most people should eat each day

15 This is an essential source of protein that vegetarians choose not to eat

18 The bodily system comprised of muscles is called the ________ system

20 A food group that relies heavily on products from cows

21 An example of a source of simple carbohydrates that should be eaten in moderation