

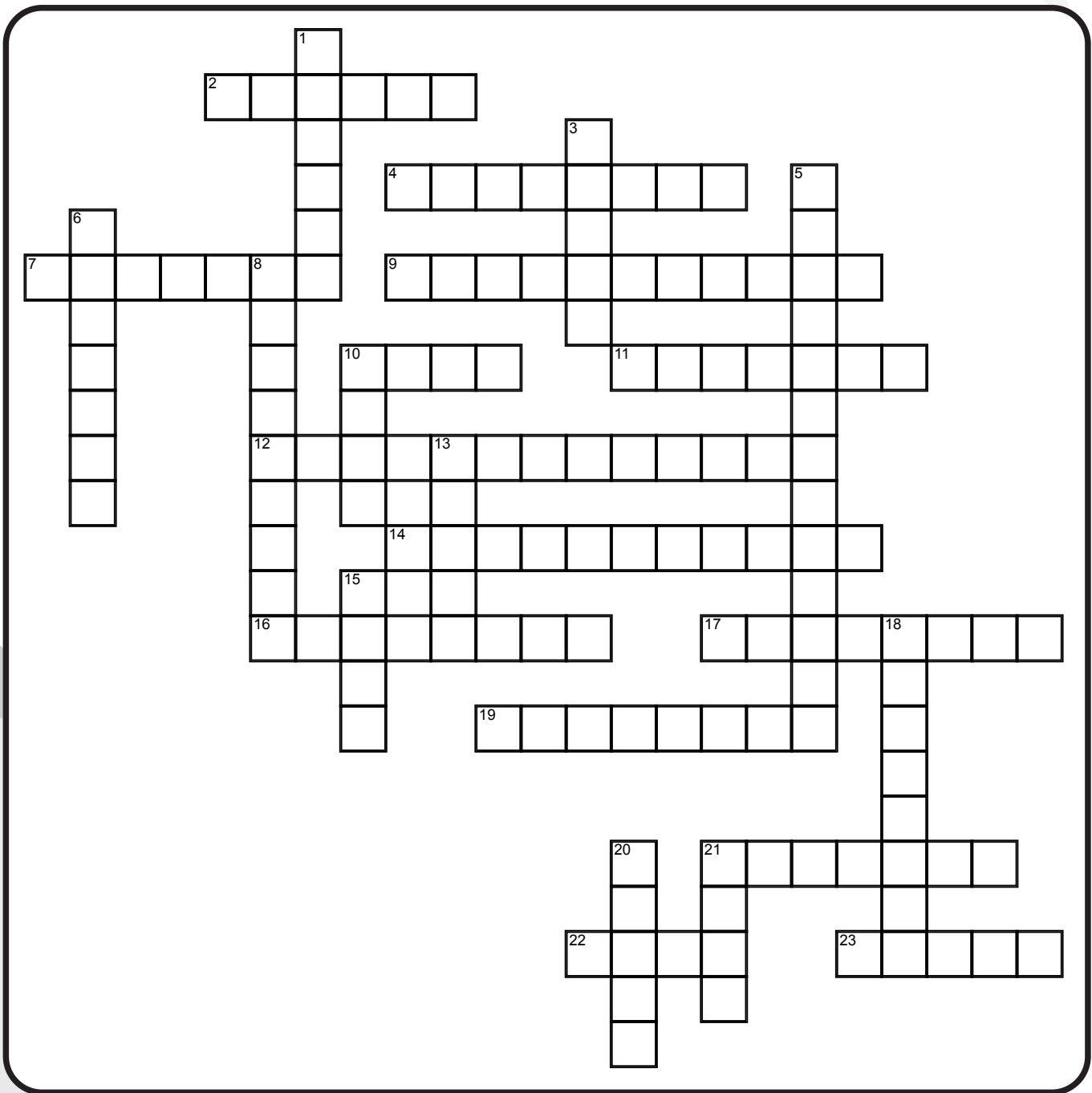
Date: _____

Name: _____

Maintaining a Healthy Body Crossword

This activity was created by Amelia.

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.



- | | | | |
|---------------|---------------|-----------|-------------|
| CAKE | FOOD | MEAT | RESPIRATORY |
| CARBOHYDRATES | FRUIT | MILK | SERVING |
| CIRCULATORY | GRAINS | MINERALS | SKELETAL |
| COMPLEX | GROUP | MUSCULAR | VITAMINS |
| DAIRY | GUIDE | NERVOUS | |
| EATING | HEALTHY | NUTRIENTS | |
| FATS | INTEGUMENTARY | PROTEINS | |

Turn the page to continue this activity!

Date: _____

Name: _____

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 than 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