

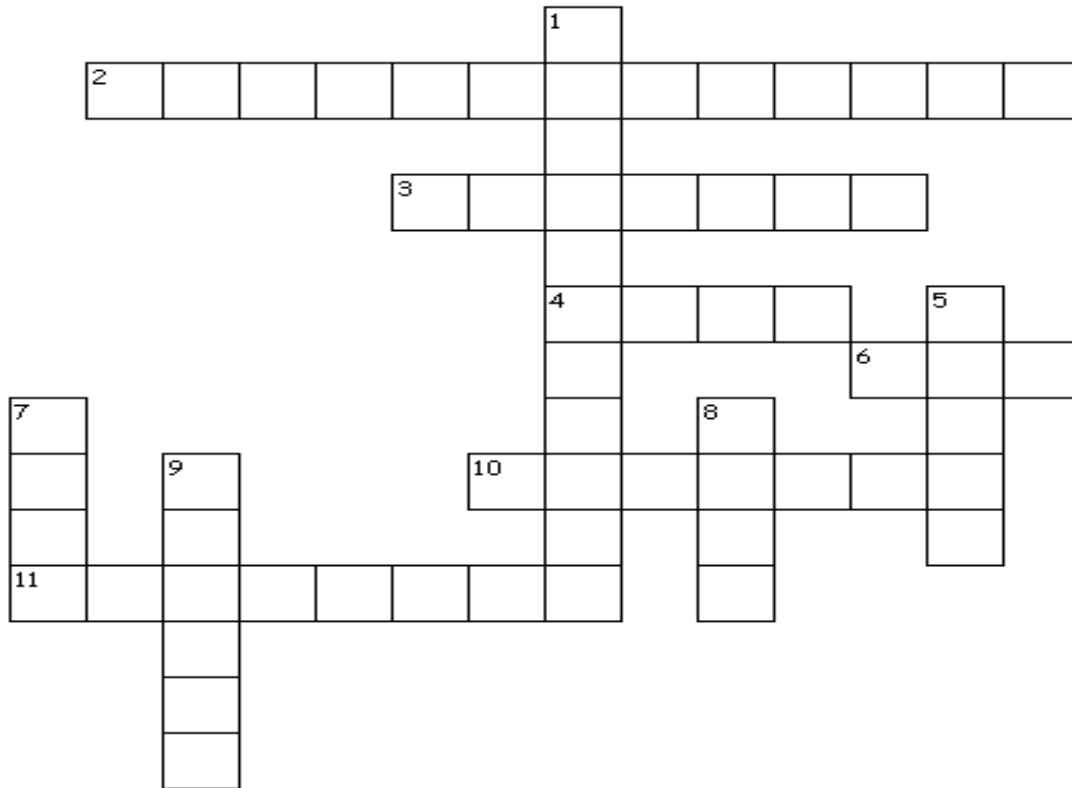
(FIRST)

(LAST)

(PERIOD)

# DECEMBER HOMEWORK

## Mission Nutrition



### Across

2. About 55% of the calories from a person's diet should come from this nutrient.
3. This nutrient is found in meat, nuts and eggs and helps to build and repair muscle.
4. Food labels provide recommendations based on a \_\_\_\_\_ of 2,000 calories.
6. Three nutrients that provide the body with energy are carbohydrates, protein and \_\_\_\_\_.
10. The unit of measurement used to determine how much food energy enters and exits the body.
11. To stay healthy, it is important to balance calories that go into your body with plenty of \_\_\_\_\_ to burn calories.

### Down

1. This new food diagram replaces the old recommendations on MY FOOD PYRAMID.
5. A food \_\_\_\_\_ provides users with information about serving sizes, nutrition info and more.
7. The number of calories in one gram of fat.
8. The number of calories in one gram of protein.
9. This is the percentage of daily calories that can/should come from fat.

PLEASE TURN IN BY DECEMBER 20<sup>th</sup>