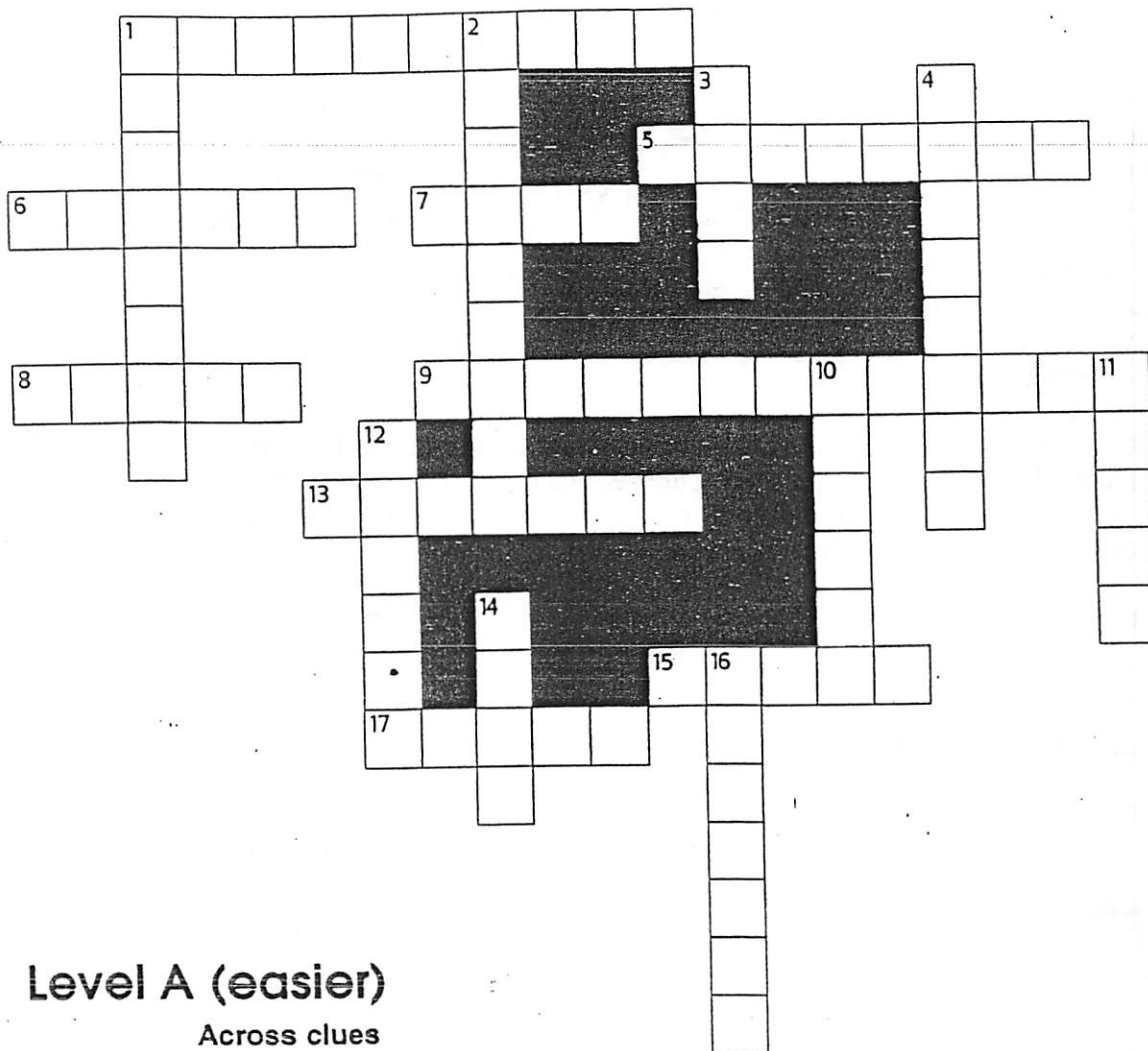


# Multi-level crossword puzzle: About nutrition



## Word list

### food groups:

dairy  
fruits  
grains  
meat  
vegetables

meals:  
breakfast  
lunch  
dinner  
snack

nutrients:  
carbohydrates  
fats  
minerals  
protein  
vitamins

ingredients:  
alcohol  
caffeine  
salt  
sugar

## Level A (easier)

### Across clues

- Carrots, tomatoes, lettuce and broccoli are all \_\_\_\_\_.
- Coffee, tea and many soft drinks (soda pop) have \_\_\_\_\_ in them.
- Bread, cereal, rice and noodles are in the \_\_\_\_\_ group of foods.
- You can find these nutrients in butter, margarine and oil.
- Usually people eat this meal at noon.
- You get these nutrients from rice, bread and other grains.
- Meat, dried beans and nuts have a lot of this nutrient in them.
- Milk, yogurt and cheese are all \_\_\_\_\_ foods.
- When you eat something small that is not for breakfast, lunch or dinner it's called a \_\_\_\_\_.

### Down clues

- These nutrients are called A, B, C, D and E. They are all \_\_\_\_\_.
- This is the morning meal.
- Potato chips and other snack foods have a lot of \_\_\_\_\_ in them.
- These are important nutrients like iron and calcium. They are called \_\_\_\_\_.
- Usually people eat this meal in the evening.
- Ice cream, candy, cookies and soda pop usually have lots of \_\_\_\_\_ in them.
- Apples, oranges, bananas and grapes are all \_\_\_\_\_.
- Chicken, fish, beef and pork are in the \_\_\_\_\_ group of foods.
- Beer, wine and whiskey have \_\_\_\_\_ in them.