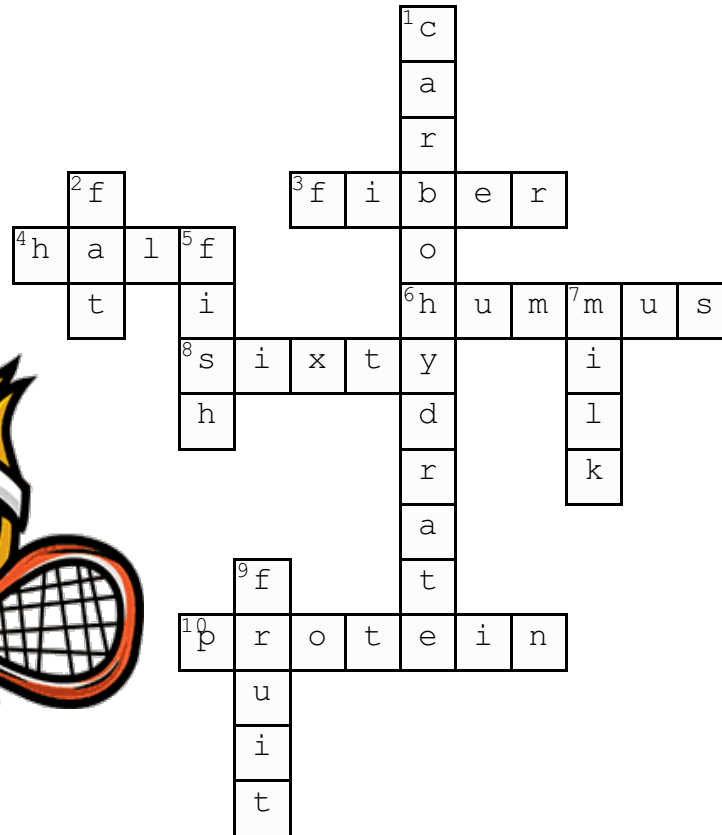


Name: _____

Fuel Up and Get Active!

Complete the crossword below



Created with TheTeachersCorner.net [Crossword Puzzle Generator](http://TheTeachersCorner.net)

Across

3. This term refers to carbohydrates that cannot be digested. It's found in fruits, vegetables, grains, and legumes. (**fiber**)
4. According to MyPlate, this amount of your plate should be fruits and vegetables (**half**)
6. This middle eastern dip can be eaten with carrots, cucumbers, chips, or even put on a sandwich and is good source of protein (**hummus**)
8. Children should get _____ minutes of physical activity every day (**sixty**)
10. This nutrient is found in foods such as fish, chicken, pork, tofu, and beef (**protein**)

Down

1. This nutrient is found in foods such as pasta, rice, bread, cake, and candy (**carbohydrate**)
2. This nutrient is found in foods such as butter, olive oil, avocados, and peanut butter (**fat**)
5. This food, eaten often as part of a Mediterranean diet, includes salmon, tuna, cod, and tilapia (**fish**)
7. You can buy this food as 'skim', '1 %', or '2 %' and it is a great source of calcium (**milk**)
9. These foods include apples, banana, oranges, grapes, and kiwi (**fruit**)