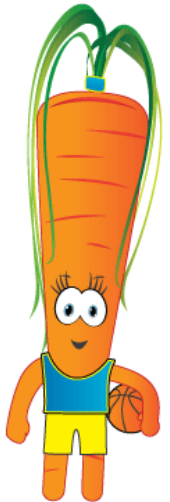


A S R S L S C R T F P O C B E  
 A P G E T I I A T H T A Y R I  
 P G P E T C O G F C N X X O K  
 E S E L E T H U H D X K L C O  
 M W V U E R U S Y E A G M C O  
 S C H E E S E B U R G E R O C  
 I A C O G O B C B R L Y B L E  
 U X N U T E H Z G B X X V I G  
 R E B I F I T N I E T O R P Q  
 Z E Z O C F U A Y O G U R T B  
 M O P K N A O R B V Q N R R E  
 I I E F A T S T F L P U I E A  
 X N L A D O S M D Z E T E S N  
 E R X K L V K S G U O S K S S  
 B I R P P E B A Y U M B D I Q

SCOUTHELPS.COM

APPLE  
 BROCCOLI  
 CANDY  
 CHICKEN  
 EGGS  
 FIBER  
 MILK  
 OIL  
 RICE  
 SUGAR  
 VEGETABLES

BEANS  
 BUTTER  
 CHEESEBURGER  
 COOKIE  
 FATS  
 FRUIT  
 NUTS  
 PROTEIN  
 SODA  
 SWEETS  
 YOGURT



**Across**

4. How much energy we get from food is measured by these units.
5. The \_\_\_\_\_ Facts Label is on all packaged food.

**Down**

1. Calcium us not a vitamin. It's a \_\_\_\_\_
2. This tells the amount of food typically eaten at one time.
3. Eating foods low in refined sugars and high in vitamins and minerals is a \_\_\_\_\_ choice.
4. \_\_\_\_\_ builds strong bones and teeth.

		1								
								2		
										3
			4							
5										

Calcium  
 Nutrition  
 Serving  
 Mineral  
 Healthy  
 Calories