

NAME: \_\_\_\_\_



## FILL-IN-THE-BLANK

**Directions:** Using each of the 12 words found in the Nutrition word search, fill in the blanks of the statements below.

1. Energy is stored in our bodies as \_\_\_\_\_.
2. \_\_\_\_\_ helps us to be alert and have energy for the day.
3. Controlling the amounts you eat and drink is called \_\_\_\_\_.
4. Eating foods that are high in \_\_\_\_\_ provides fuel for our bodies.
5. \_\_\_\_\_ means eating many different kinds of foods.
6. The \_\_\_\_\_ gives us the calories and fat for each serving of food.
7. You should eat very little of foods from the \_\_\_\_\_ food group.
8. A \_\_\_\_\_ is the part of food that your body can use.
9. Energy \_\_\_\_\_ means taking in calories through food and using calories through physical activity.
10. \_\_\_\_\_ is only found in foods that come from plants such as fruits and vegetables.
11. \_\_\_\_\_ is the most important nutrient.
12. A \_\_\_\_\_ is a measure of energy.