Food and nutrition

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| **Across****4.** Starchy food should make up just over a ........ of the food we eat**7.** Minimum amount of water an adult should drink a day**9.** Number of food groups**10.** plant based healthy type of Fat**11.** Colour-coded nutritional information, ...... means medium**12.** Foods rich in unsaturated fats **13.** higher fibre wholegrain varieties, such as  | **Down****1.** Part of the dairy food group **2.** For an athlete, exercise breaks down .......... in the muscle, making protein an important nutrient to consume regularly.**3.** What can help regulate blood pressure and volume**5.** On average, men should have around 2,500 .......... a day**6.** Soluble fiber found in barley, oatmeal, apples and beans, reduces the “bad” what?**8.** number for fruit and veg you should eat per day |