Food and nutrition

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  | 1 |  | 2 |  |  |  |  |  |
|  |  | 3 |  |  |  | 4 |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 5 |  |  |  |  |  |  | 6 |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 9 |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 10 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 |  |  |  |  |  | 12 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 13 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **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 |