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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Healthy Eating

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| **Across**  **8.** Nutrients we need in relatively small amounts  **9.** Beans, pulses, meats, fish and alternatives are all sources of this macronutrient  **10.** Adults should eat no more than 6g of \_\_\_\_\_\_\_\_\_\_\_. | **Down**  **1.** Nutrients we need in relatively large amounts  **2.** Dairy and alternatives are a good source of protein and vitamins. They are also a good source of which particular mineral?  **3.** Potatoes, cereals, bread and pasta are a good source of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  **4.** Some meats can be high in this particular type of fat  **5.** Beans, peas and lentils are all types of p\_\_\_\_\_\_s.  **6.** These fats are from plant origin and are said to be "healthier" options  **7.** Wholegrain foods contain high amounts of this nutrient |