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

Nutrition 1

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| **Across**  **2.** Function of vitamin E  **3.** Fats that are usually a solid at room temperature  **7.** Building blocks of proteins  **8.** The addition of specific micro-nutrients to food  **10.** proteins with a high biological value are found in ...  **11.** Nutrients that the body need in large quantities  **12.** The type of fibre that can reduce blood cholesterol  **13.** Vitamins A, D, E and K are ... vitamins | **Down**  **1.** Lack of this vitamin causes Rickets  **4.** Sugars, starch and cellulose are sources of....  **5.** A deficiency of this vitamin can cause incomplete development of brain ans spinal column in a foetus  **6.** Viamins B and C are .... vitamins  **9.** A lack of Vitamin C causes ... |