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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 ... |