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Nutrition

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| **Across**  **7.** A fat that contains saturated fatty acids  **8.** Produced without the use of chemical fertiliser  **12.** A substance absorbed to maintain growth  **13.** A substance like starch or sugar that is rich in energy  **14.** High in saturated fat  **15.** Overweight  **16.** Lack of insulin, resistance to insulin or high blood sugar  **18.** High in fibre and contains seeds  **20.** Provides nourishment important for growth | **Down**  **1.** Found in foods they our body needs for it to work properly  **2.** Healthy eating guide  **3.** Found in foods like meat, eggs and milk, important part of the human diet  **4.** Contains carbohydrates, vitamins, fibre ect.  **5.** Part of plant such as carrot, potato or cabbage  **6.** A compound of the sterol type found in most body tissues  **9.** Caused by bacteria and food in the teeth  **10.** Naturally occurring inorganic salts  **11.** Being free from illness or injuries  **17.** Obsessive desire to lose weight  **19.** Necessary for the trasportation of oxygen |