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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 |