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Nutrition

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| **Across****3.** Nutrients that are required in small amounts in the diet - vitamins and minerals.**4.** This is the body's preferred fuel source for energy, particularly glucose.**6.** A substance that provides nourishment to the body, enabling it to live and grow.**9.** The mineral that is essential for the development of strong bones and teeth.**12.** Nutrients that are required in large amounts in the diet, e.g. carbohydrates, protein, fat.**13.** Are used by the body to build, maintain and repair cells and tissues within the body. | **Down****1.** Fats found in foods such as avocados, nuts and oils**2.** Can be broken down into two categories. Omega-3 and omega-6. Omega-3 foods include fish (such as samlon and tuna), walnuts, flax seeds, chia seed, spinach and canola oil.**5.** Generally found in foods of animal origin, such as fatty cuts of meat, full cream milk and associated products such as cheese, ice cream, chocolate, fried food, biscuits and pastries.**7.** The unit used to measure energy expenditure or intake.**8.** Commonly found in processed foods as this type is typically created artificially in a process called hydrogenation.**10.** A mineral that contributes to the body's ability to transport oxygen to cells and tissues of the body.**11.** A form of carbohydrate that is found in foods of plant-based origin. |