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

Nutrition

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  | 4  B |  |  |  |  |  | 5  V |  |  |  |  | N |  |  |  |  |  |  | 6  C |  | R |  |  | R |  |  |  |  |
|  | 7  S | A | T | U | R | A | T | E | D | F | A | T | S |  |  |  |  |  |  | H |  | 8  O | R | G | A | N | I | C |  |
|  |  | L |  |  |  |  |  | G |  |  |  |  |  |  | 9  T |  |  | 10  M |  | O |  | T |  |  | M |  |  |  |  |
|  |  | A |  |  |  |  |  | E |  |  |  |  |  |  | O |  |  | I |  | L |  | E |  |  | I |  |  |  |  |
|  |  | N |  |  |  |  |  | T |  |  | 11  H |  | 12  F | O | O | D |  | N |  | E |  | I |  |  | D |  |  |  |  |
|  |  | C |  |  |  |  |  | A |  |  | E |  |  |  | T |  |  | E |  | S |  | N |  |  |  |  |  |  |  |
|  |  | E |  |  |  |  |  | B |  | 13  C | A | R | B | O | H | Y | D | R | A | T | E | S |  |  |  |  |  |  |  |
|  |  | D |  |  |  |  |  | L |  |  | L |  |  |  | D |  |  | A |  | E |  |  |  |  |  |  |  |  |  |
|  |  | D |  |  |  |  | 14  V | E | G | E | T | A | B | L | E | O | I | L |  | R |  |  |  |  |  |  |  |  |  |
|  |  | I |  |  |  |  |  | S |  |  | H |  |  |  | C |  |  | S |  | O |  |  |  |  |  |  |  |  |  |
|  |  | E |  |  |  |  |  |  |  |  |  |  |  |  | A |  |  | A |  | L |  |  |  |  |  |  |  |  |  |
|  |  | T |  |  |  |  |  |  | 15  O | B | E | S | I | T | Y |  |  | L |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  | 20  N | U | T | R | I | E | N | T | S |  |  |  |  |  |  |  |  |  |  |  |  |
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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 |