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

Nutrition

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  | 1V |  |  |  |  |  |  |  |  |  |  |  | 2F |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  I |  |  |  |  |  |  |  |  |  |  |  |  O |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  T |  |  |  |  |  |  |  |  |  |  |  |  O |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  A |  |  |  |  |  |  |  |  |  |  |  |  D |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  M |  |  |  |  |  |  |  |  |  |  |  |  P |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  I |  |  |  |  |  |  |  |  | 3P |  |  |  Y |  |  |  |  |
|  |  | 4B |  |  |  |  |  | 5V |  |  |  |  |  N |  |  |  |  |  |  | 6C |  |  R |  |  |  R |  |  |  |  |
|  | 7S |  A |  T |  U |  R |  A |  T |  E |  D |  F |  A |  T |  S |  |  |  |  |  |  |  H |  | 8O |  R |  G |  A |  N |  I |  C |  |
|  |  |  L |  |  |  |  |  |  G |  |  |  |  |  |  | 9T |  |  | 10M |  |  O |  |  T |  |  |  M |  |  |  |  |
|  |  |  A |  |  |  |  |  |  E |  |  |  |  |  |  |  O |  |  |  I |  |  L |  |  E |  |  |  I |  |  |  |  |
|  |  |  N |  |  |  |  |  |  T |  |  | 11H |  | 12F |  O |  O |  D |  |  N |  |  E |  |  I |  |  |  D |  |  |  |  |
|  |  |  C |  |  |  |  |  |  A |  |  |  E |  |  |  |  T |  |  |  E |  |  S |  |  N |  |  |  |  |  |  |  |
|  |  |  E |  |  |  |  |  |  B |  | 13C |  A |  R |  B |  O |  H |  Y |  D |  R |  A |  T |  E |  S |  |  |  |  |  |  |  |
|  |  |  D |  |  |  |  |  |  L |  |  |  L |  |  |  |  D |  |  |  A |  |  E |  |  |  |  |  |  |  |  |  |
|  |  |  D |  |  |  |  | 14V |  E |  G |  E |  T |  A |  B |  L |  E |  O |  I |  L |  |  R |  |  |  |  |  |  |  |  |  |
|  |  |  I |  |  |  |  |  |  S |  |  |  H |  |  |  |  C |  |  |  S |  |  O |  |  |  |  |  |  |  |  |  |
|  |  |  E |  |  |  |  |  |  |  |  |  |  |  |  |  A |  |  |  A |  |  L |  |  |  |  |  |  |  |  |  |
|  |  |  T |  |  |  |  |  |  | 15O |  B |  E |  S |  I |  T |  Y |  |  |  L |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  | 16D |  I | 17A |  B |  E |  T |  E |  S |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  O |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 18F |  R |  U | 19I |  T |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  | 20N |  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 |