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

Nutrition

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  | 1  F |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 2  F | L | U | O | R | I | D | E |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | U |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 3  C |  | C |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 4  H | E | A | L | T | H |  |  |  | 5  I |  |  |  |  |  |
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|  |  |  |  |  |  | 6  D | I | G | E | S | T | I | O | N |  |  |  |  |  |
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|  |  |  |  |  | 10  A |  | 11  E | N | E | R | G | Y |  | I |  |  |  |  |  |
|  |  |  |  |  | N |  |  |  |  |  |  | D |  | E |  |  |  |  |  |
|  |  |  |  | 12  C | A | R | B | O | H | Y | D | R | A | T | E |  |  |  |  |
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| **Across**  **2.** a mineral that helps to prevent tooth decay  **4.** defined as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."  **6.** the process of our bodies breaking down food into tiny pieces the nutrients can be absorbed  **7.** classified as either saturated or unsaturated  **11.** something released when food is burned for fuel within the body  **12.** our bodies preferred source of energy  **13.** something found in grain foods, fruits, vegetables, legumes and beans | **Down**  **1.** a naturally occurring sugar found in fruit and honey  **3.** it is an essential mineral needed for building strong bones and teeth  **5.** an important dietary mineral that is involved in various bodily functions  **8.** by drinking the amount of water our body needs daily we achieve this  **9.** the pattern of foods eaten  **10.** occurs when there are too few red blood cells or not enough haemoglobin in the blood |