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

Nutrition

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  | 1F |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 2F |  L |  U |  O |  R |  I |  D |  E |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  U |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 3C |  |  C |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 4H |  E |  A |  L |  T |  H |  |  |  | 5I |  |  |  |  |  |
|  |  |  |  |  |  |  |  L |  |  O |  |  |  |  |  R |  |  |  |  |  |
|  |  |  |  |  |  |  |  C |  |  S |  |  |  |  |  O |  |  |  |  |  |
|  |  |  |  |  |  | 6D |  I |  G |  E |  S |  T |  I |  O |  N |  |  |  |  |  |
|  |  |  |  |  |  |  |  U |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  M |  | 7F |  A |  T |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 8H |  | 9D |  |  |  |  |  |
|  |  |  |  |  | 10A |  | 11E |  N |  E |  R |  G |  Y |  |  I |  |  |  |  |  |
|  |  |  |  |  |  N |  |  |  |  |  |  |  D |  |  E |  |  |  |  |  |
|  |  |  |  | 12C |  A |  R |  B |  O |  H |  Y |  D |  R |  A |  T |  E |  |  |  |  |
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|  |  |  |  |  |  I |  |  |  |  |  | 13F |  I |  B |  R |  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 |