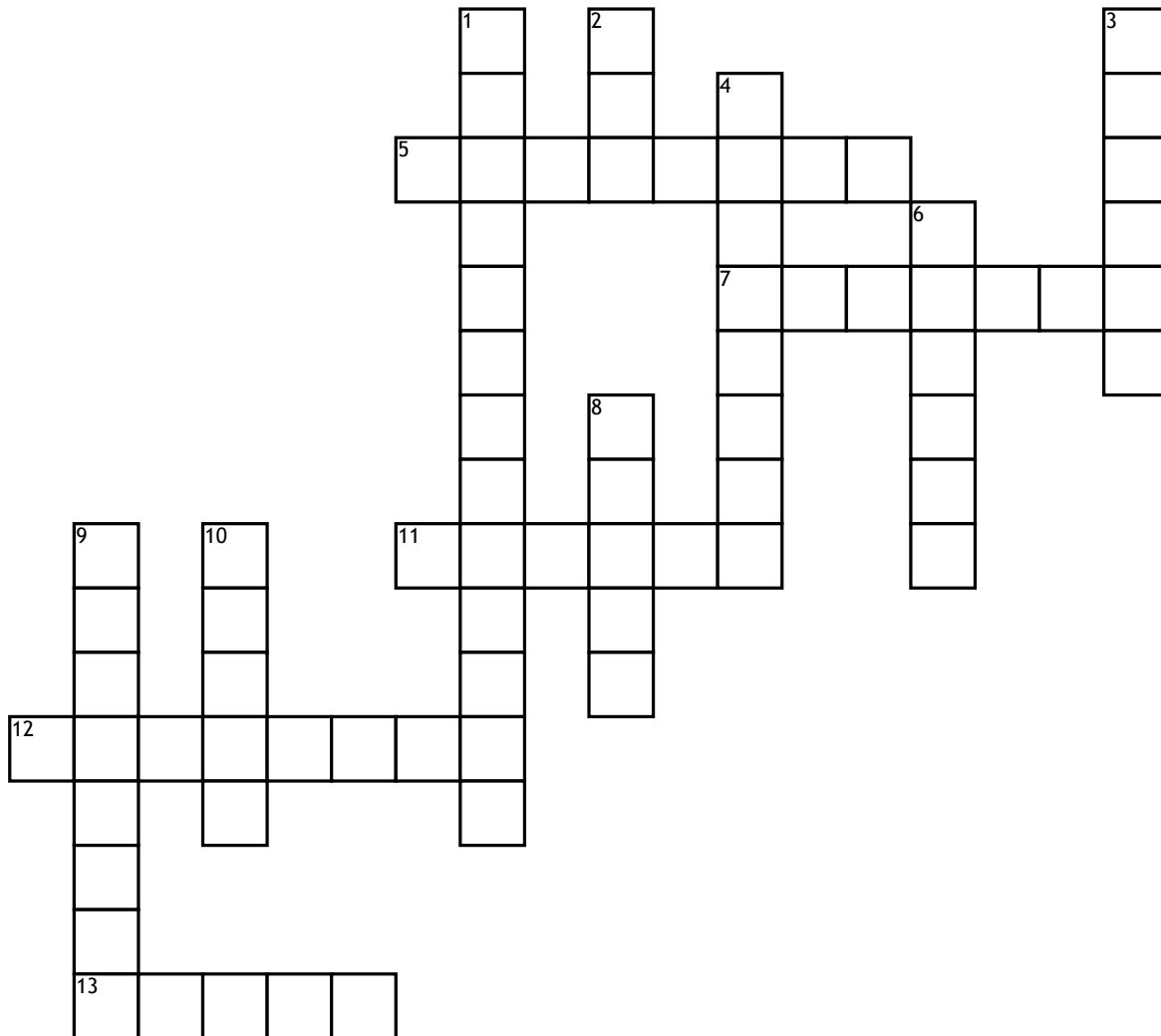


# A balance diet



## Across

5. what food type helps build our body?

7. Name a food that is rich in protein and fibre and grow on trees

11. name a food that has lots of fat

12. Name a food that is rich in fiber and Jay like for breakfast

13. What type of food only gives energy, but has no nutritional value?

## Down

1. what gives us energy?

2. What does the body use to store energy?

3. A food helps our body repair itself?

4. what do vegetables have that help to protect the body?

6. what has fibres in it?

8. Name a carbohydrate rich food from Italy

9. How do you measure energy in food?

10. What food type help us digest?