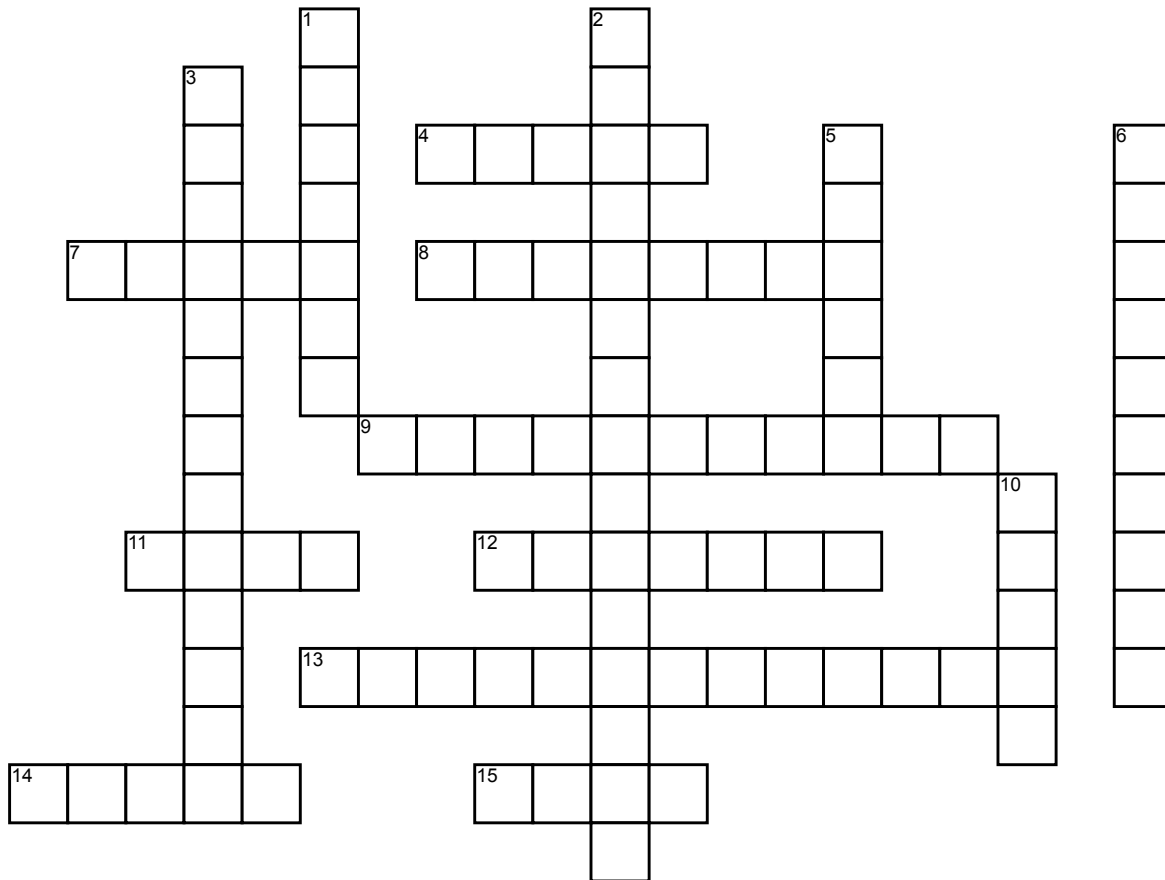


BTEC Public Services Unit 5



Across

4. Make up about two thirds of the human body

7. Is part of plants which helps with the digestive system

8. Essential in small quantities for the body to work properly

9. A type of fat produced by the liver

11. Helps make red blood cells

12. Builds strong bones and teeth

13. Very low blood sugar

14. Overweight

15. It is essential to the body, it insulates its systems from the cold and is an energy store

Down

1. Composed of chains of amino acids which are the building blocks for cells

2. Shows how much of what you eat should come from each food group 3,7,5

3. Provide fuel for the body

5. A diet that abides by the principles of Judaism

6. Will not eat meat

10. Will not eat any food from animal