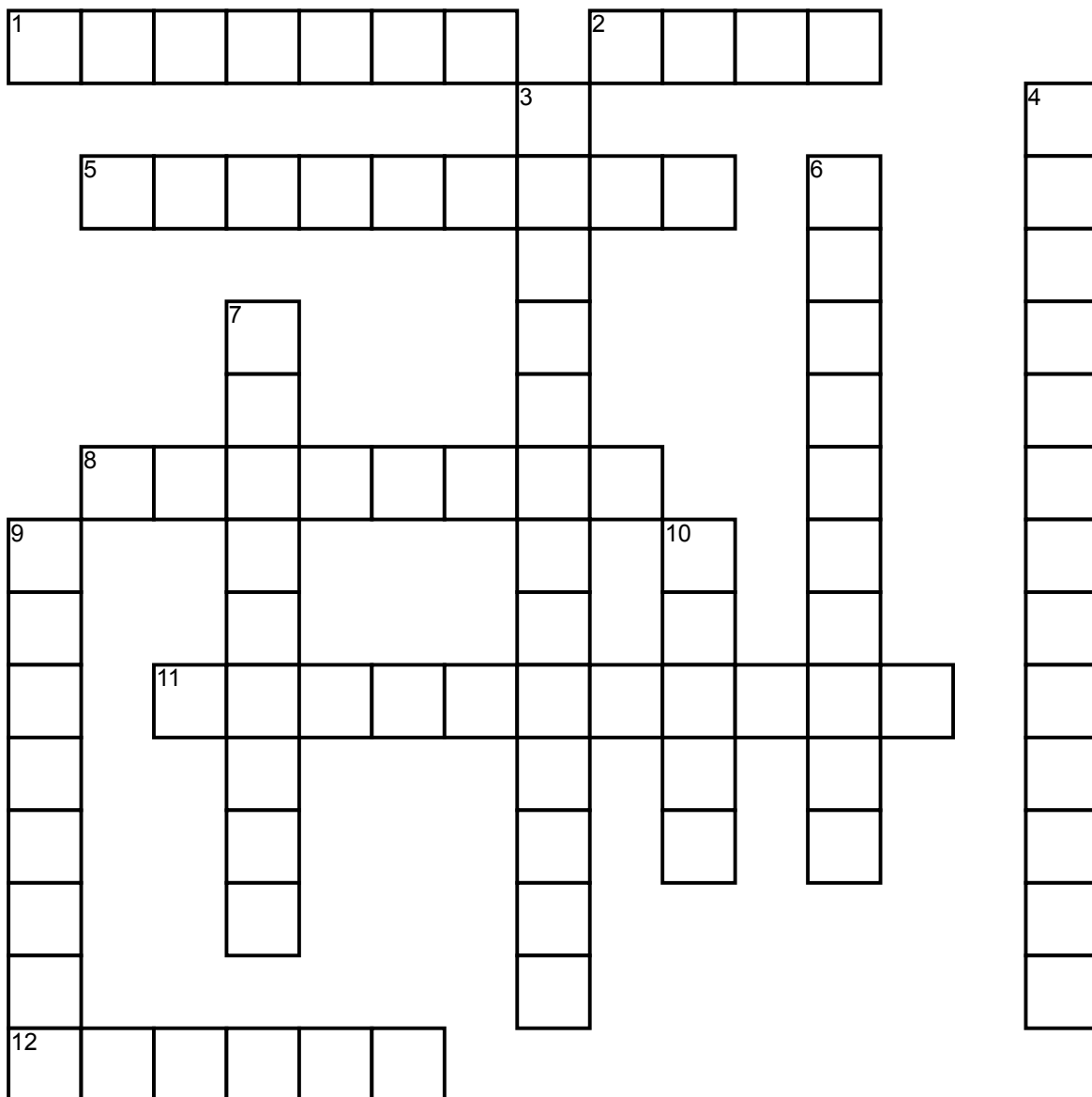


Name: _____

Date: _____

Cooking



Across

1. Something you can become from having a well balanced diet.
2. Something that needs to be balanced to keep healthy.
5. The process of causing something to absorb water.

8. Any of a group of organic compounds which are essential for normal growth and nutrition and are required in small quantities in the diet because they cannot be synthesized by the body.
11. When you have no water or liquids left in your body.
12. A certain thing you can measure g and kg with.

Down

3. Substances such as vitamins and minerals.

4. This is needed for growth, energy provision and other body functions.
6. A big type of spoon.
7. Essential for the maintenance of growth.
9. A solid, naturally occurring inorganic substance.
10. Something that keeps you hydrated.