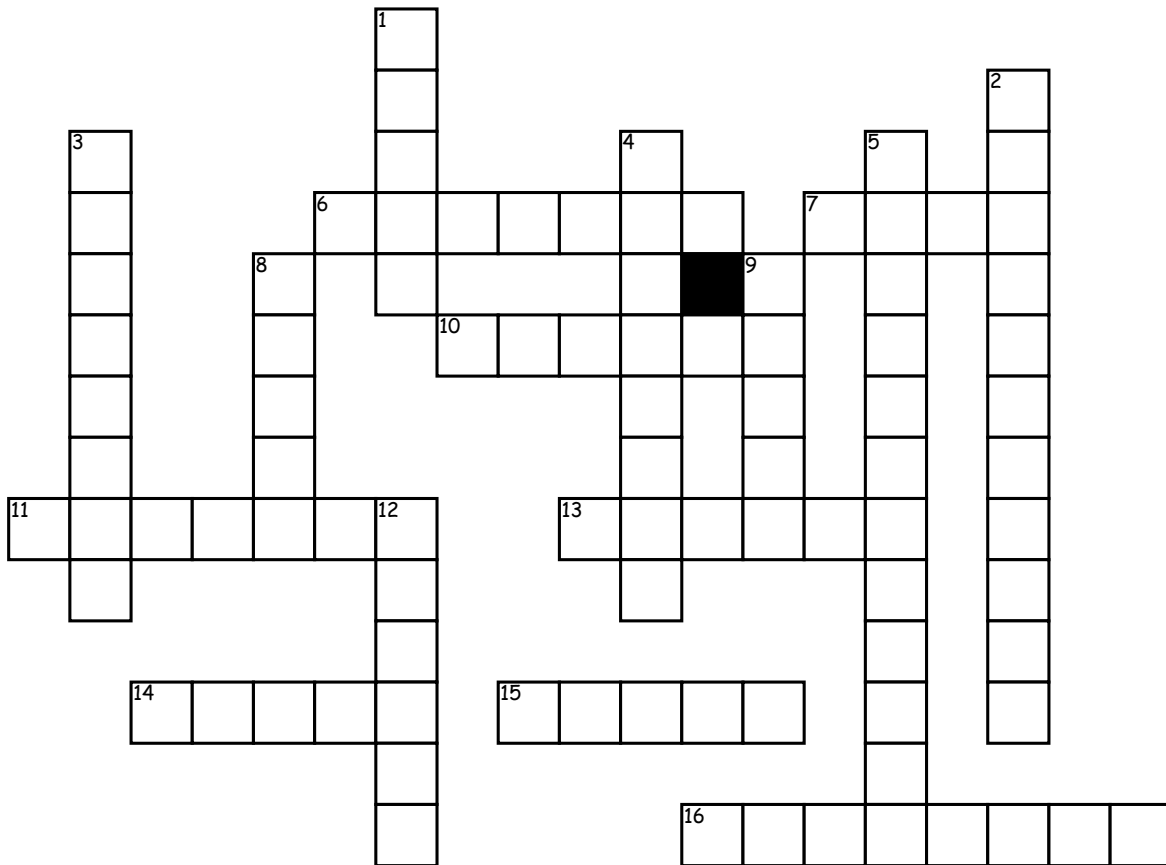


Diet and Nutrition



Across

- 6. This food group is needed for growth and repair.
- 7. This food group is needed to protect vital organs and keep warm.
- 10. Type of fruit.
- 11. A disease that results in bowed legs.
- 13. Kilojoules is the unit of

- 14. Sweets are high in
- 15. The number of food groups there are.
- 16. Iron is an example of what food group.

Down

- 1. This food group allows food moving through the digestive system.
- 2. There are 2 types of fats saturated and u.....
- 3. A disease where people do not eat enough.
- 4. These can be in the form of A,B,C,D,
- 5. Bread belongs to this food group
- 8. If a person eats too much fat they can become 0.....
- 9. The vital liquid that all humans need in their diet.
- 12. A lack of vitamin C causes this disease.