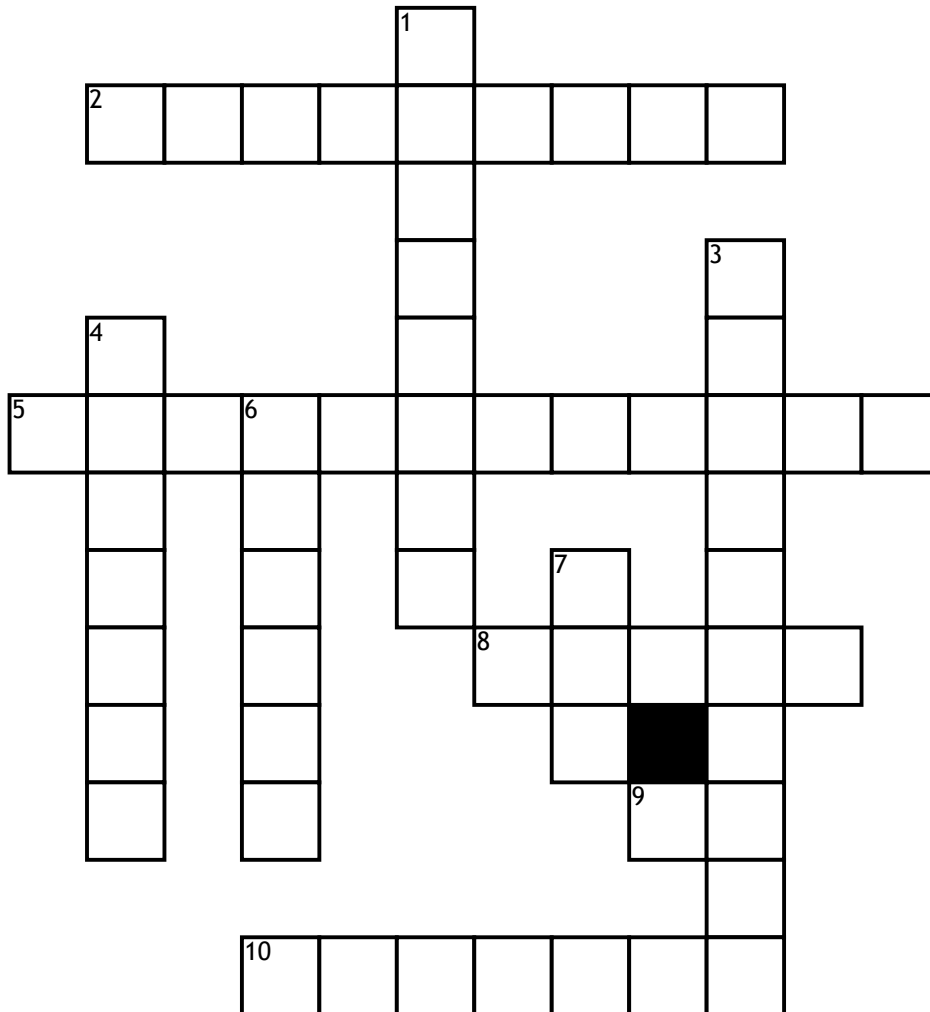


# Fibre crossword



## Across

2. What fibre doesn't dissolve in your stomach?
5. What happens to your body when not enough fibre is consumed?
8. What food can fibre not be found in?
9. Should being vegetarian affect your fibre intake?
10. How many grams of fibre should a 19 year old consume everyday?

## Down

1. What does too much fibre cause?
3. What does fibre help with?
4. What fibre dissolves in your stomach?
6. How should you introduce fibres into your diet?
7. Do our bodies need fibre?