

Name: _____

Date: _____

Food and Nutrition

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| 1. Breaks down into Amino acids | A. protein |
| 2. This comes mostly from salt | B. fibre |
| 3. The total amount of kilojoules released when food is used by the body | C. sugar |
| 4. A type of carbohydrate | D. sodium |
| 5. What are carbohydrates rated by ? | E. Thiamine |
| 6. A mineral that helps transport oxygen in the blood | F. hormones |
| 7. A type of fat | G. saturated |
| 8. This keeps the digestive system healthy. | H. lean chicken |
| 9. Proteins are used to develop this | I. Energy |
| 10. A food high in protein | J. Glycaemic Index |
| 11. Vitamin B1 | K. iron |