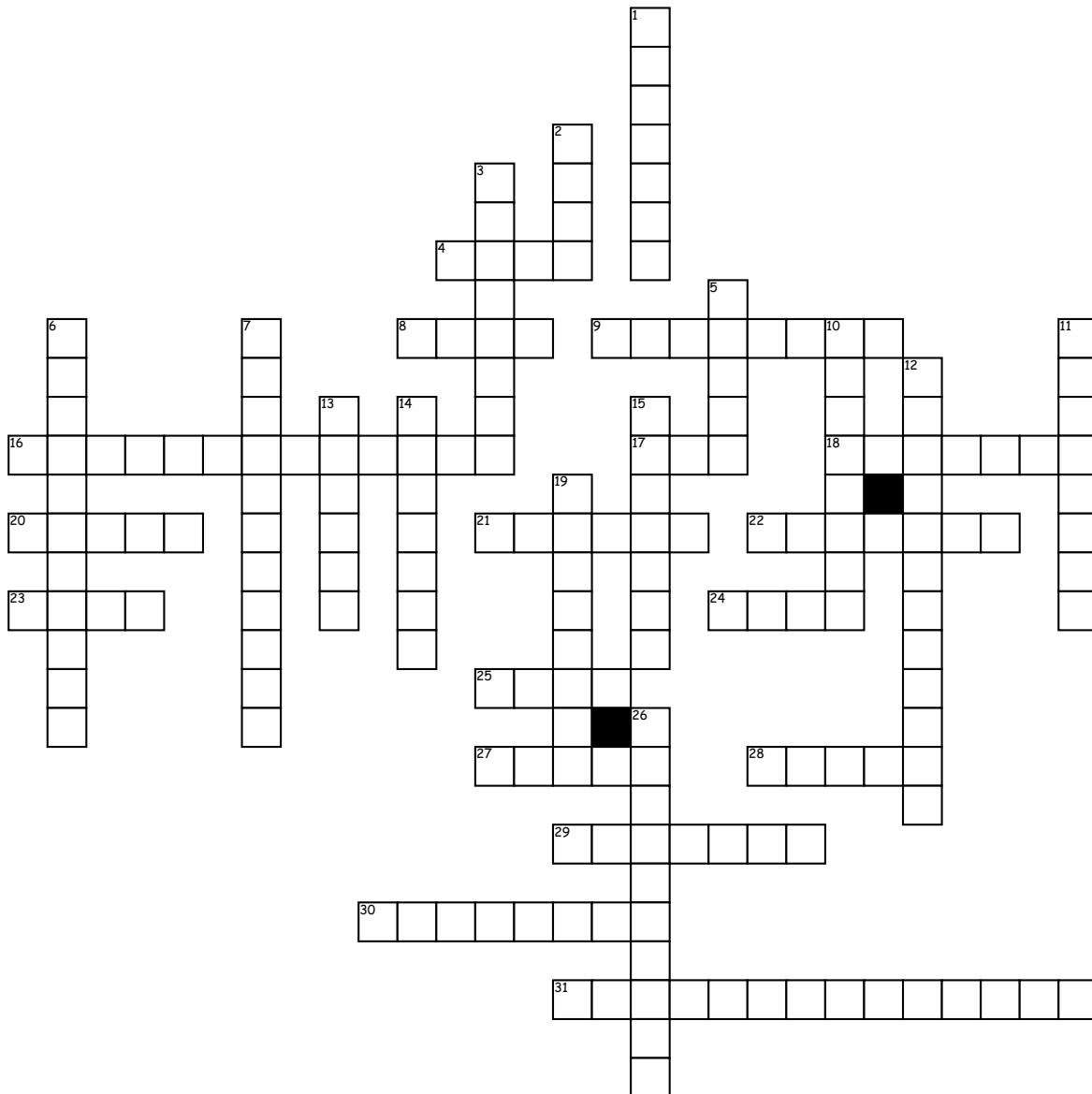


Name: _____ Date: _____

Health & Food Technology



Across

4. Vitamin A helps you see in this
8. The part of the cooker we use to bake
9. Regular _____ can prevent heart disease
16. Energy is released from this nutrient
17. Iron forms _____ blood cells
18. One type of carbohydrate
20. A vegetarian source of protein
21. Fat is required for _____
22. Osteoporosis happens when bones become _____
23. High blood pressure can be caused by this

24. Water is vital for _____
25. A healthier type of frying
27. This person does not eat any meat or animal products
28. We can use these instead of salt
29. Too much fat leads to this
30. Women need higher amounts of nutrients when they are _____
31. A great source of Fibre

Down

1. For strong bones and teeth
2. A drink that provides us with protein and calcium
3. Obesity may increase the risk of this

5. We should aim to always eat the wholemeal version of this
6. The good fats
7. Salt helps prevent this
10. Vitamin D is also known as _____ vitamin
11. Omega 3 can be found in this
12. Saturated fats lead to _____
13. Protein is required for this
14. Too much salt causes
15. This main nutrient can be found in meat and dairy foods
19. This cooking method removes fat
26. Vitamin C helps prevent _____