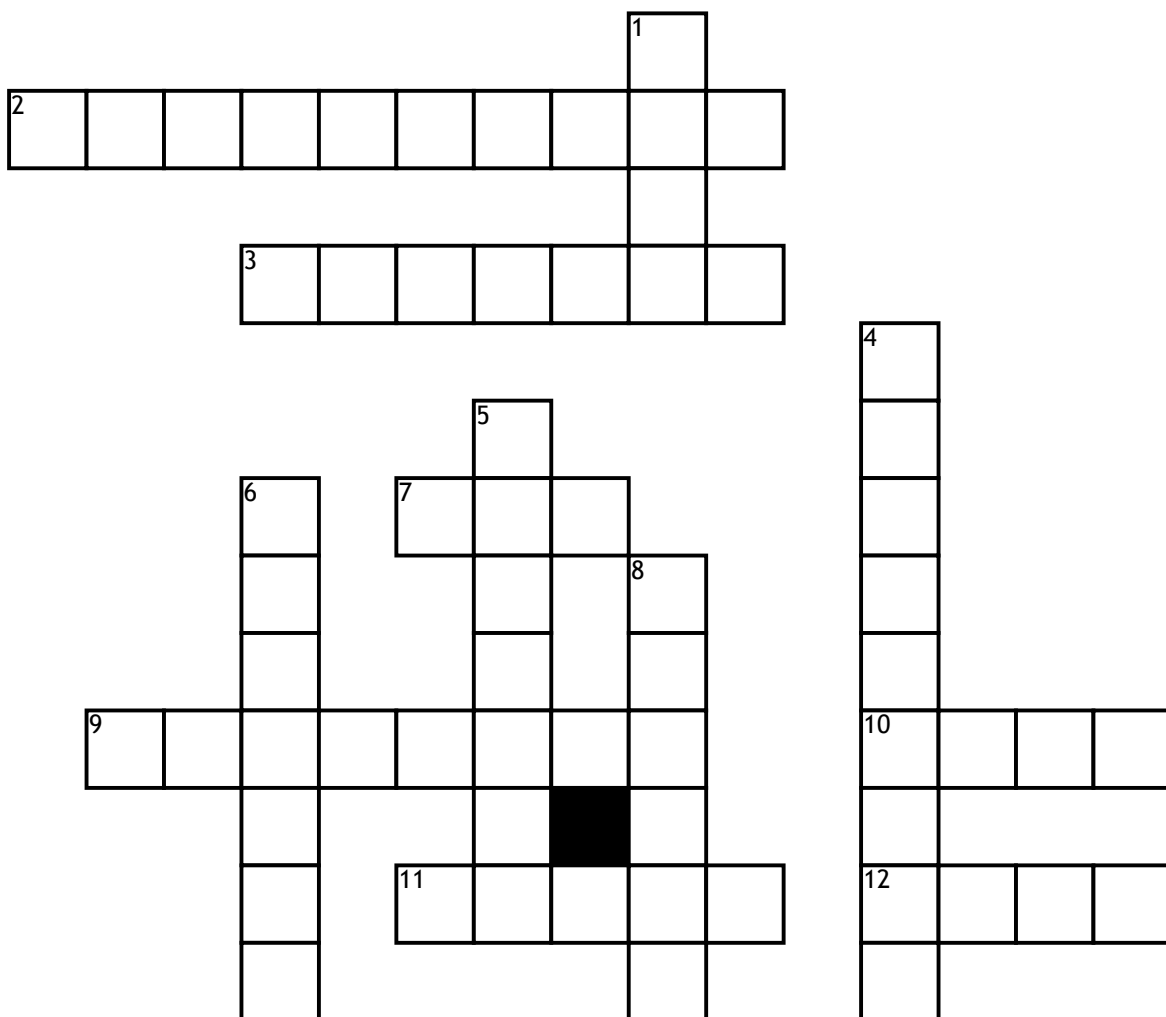


Name: _____

Date: _____

Healthy Eating



Across

2. This type of bread contains lots of fibre
 3. A healthy low fat form of milk
 7. Which substance should we be trying to cut down in our diet to help prevent heart disease?
 9. What are carrots a good source of which is said to help you see in the dark?

10. How many portions of fruit and vegetables should we be aiming to eat every day?

11. This type of fat is found in oily fish and helps heart function

12. Having too much of this on your chips can increase blood pressure

Down

1. How many food groups are there on the Eatwell Guide?

4. The most important meal of the day.

5. Milk contains this mineral to help keep bones and teeth strong

6. The nutritional component needed for muscle growth

8. This fruit is a good source of Vitamin C