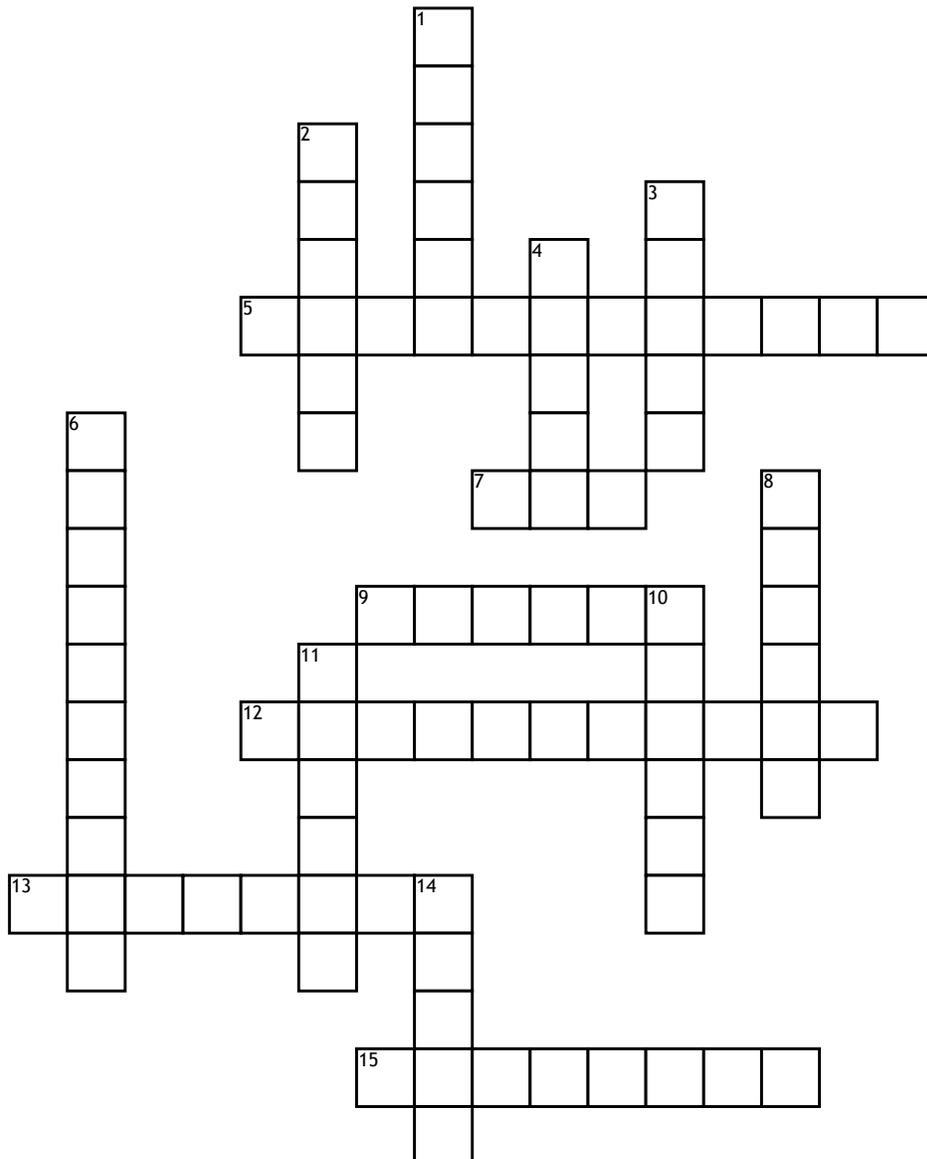


Nutrients



Across

5. Fibre helps to prevent ...

7. If we eat too many carbohydrates they will be converted into ...

9. Fibre helps to keep-----healthy

12. Fat can be divided into saturated and...

13. A processed meat product

15. Omega 3 is found in this oily fish

Down

1. A source of unsaturated fat

2. If cholesterol levels are too high this may lead to a -----

3. A vital organ that fat protects

4. Trans fats are found in processed foods eg:

6. Too much sugar can cause?

8. A source of saturated fat

10. slow release carbohydrates

11. What does fat provide for the body?

14. fast release carbohydrates