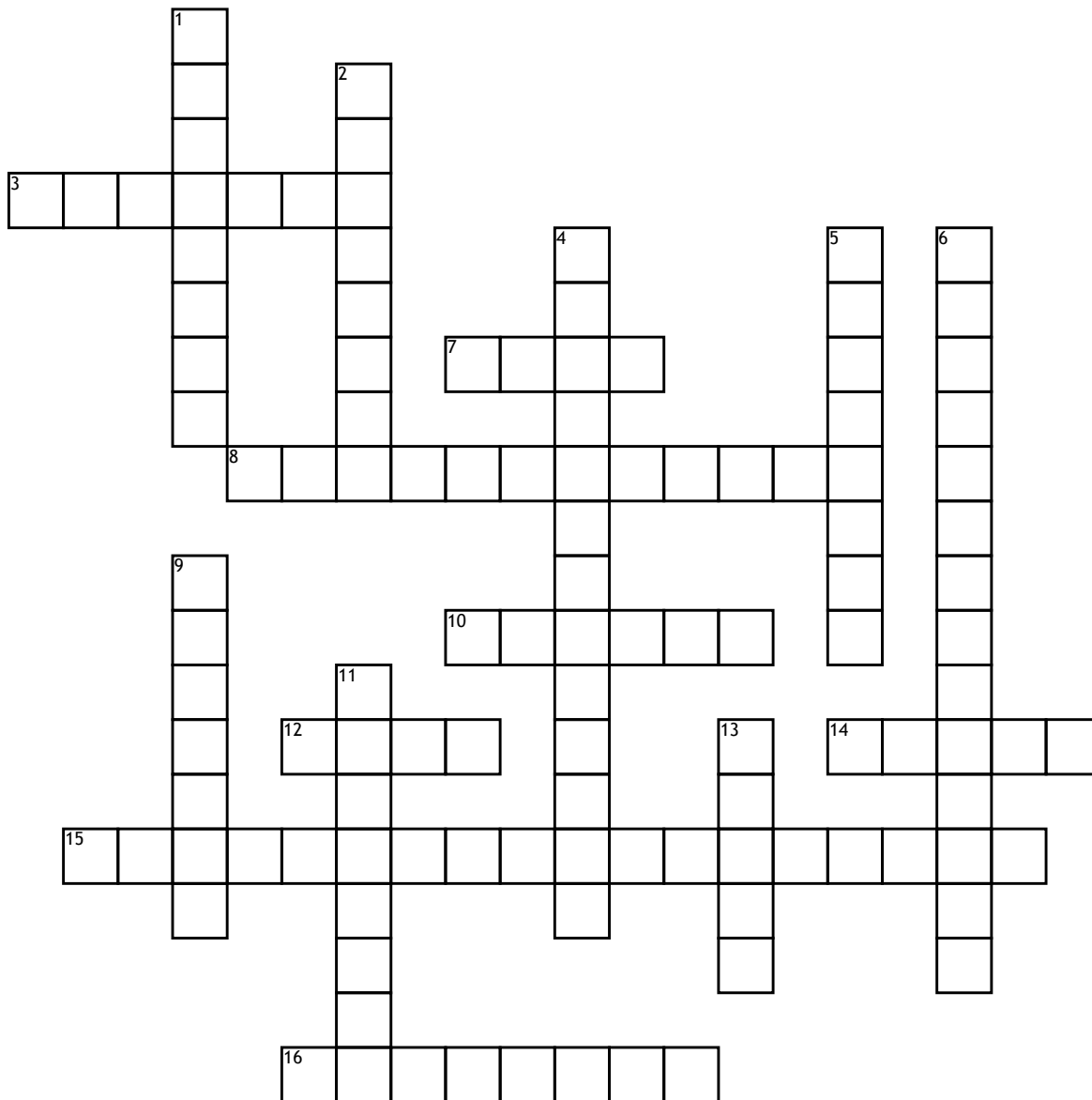


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrients



## Across

3. A nutrient that used for growth and repair of body tissue.

7. A saturated fat that is not good for you in large quantities!

8. Why is Vitamin B and C lost by over cooking and boiling?

10. A nutrient that helps in the functioning of the thyroid gland!

12. Pumpkin is a good source of this nutrient, you need this nutrient for a strong immune system.

14. You need this nutrient to keep your bowels healthy

15. The government Eatwell guide says you should eat 5-7 of these everyday!

16. This nutrient is important because it helps fight disease!

## Down

1. What is vitamin K important for in the blood?

2. Where can you find the best source of Vitamin D?

4. which nutrient is the best and main source of energy?

5. Iron from leafy vegetables is important because helps in the production of \_\_\_\_.

6. This food item is a good source of fibre and carbohydrates, but not white!

9. You need this nutrient for healthy bones and teeth.

11. if you want good skin it plenty of tomatoes because tomatoes contain this nutrient.

13. For a healthy diet you need 2 litres of this every day!