

Name: _____

Date: _____

Nutrition

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|---|-------------------------|
| 1. Vegetable containing Calcium | A. Macronutrient |
| 2. Vitamin found in egg yolk | B. A |
| 3. Meat containing a high biological value (HBV) | C. Saturated |
| 4. Part of the wheat grain used to make wholemeal foods | D. Bran |
| 5. A vegetable high in protein | E. Fibre |
| 6. Another word for Non starch Polysacharide | F. Protein |
| 7. A nutrient needed for energy | G. Pea |
| 8. A nutrient that helps to repair the body | H. Spinach |
| 9. Protein, fat and carbohydrates are grouped to explain this nutrient | I. Carbohydrate |
| 10. A type of fat that clogs the arteries | J. Chicken |