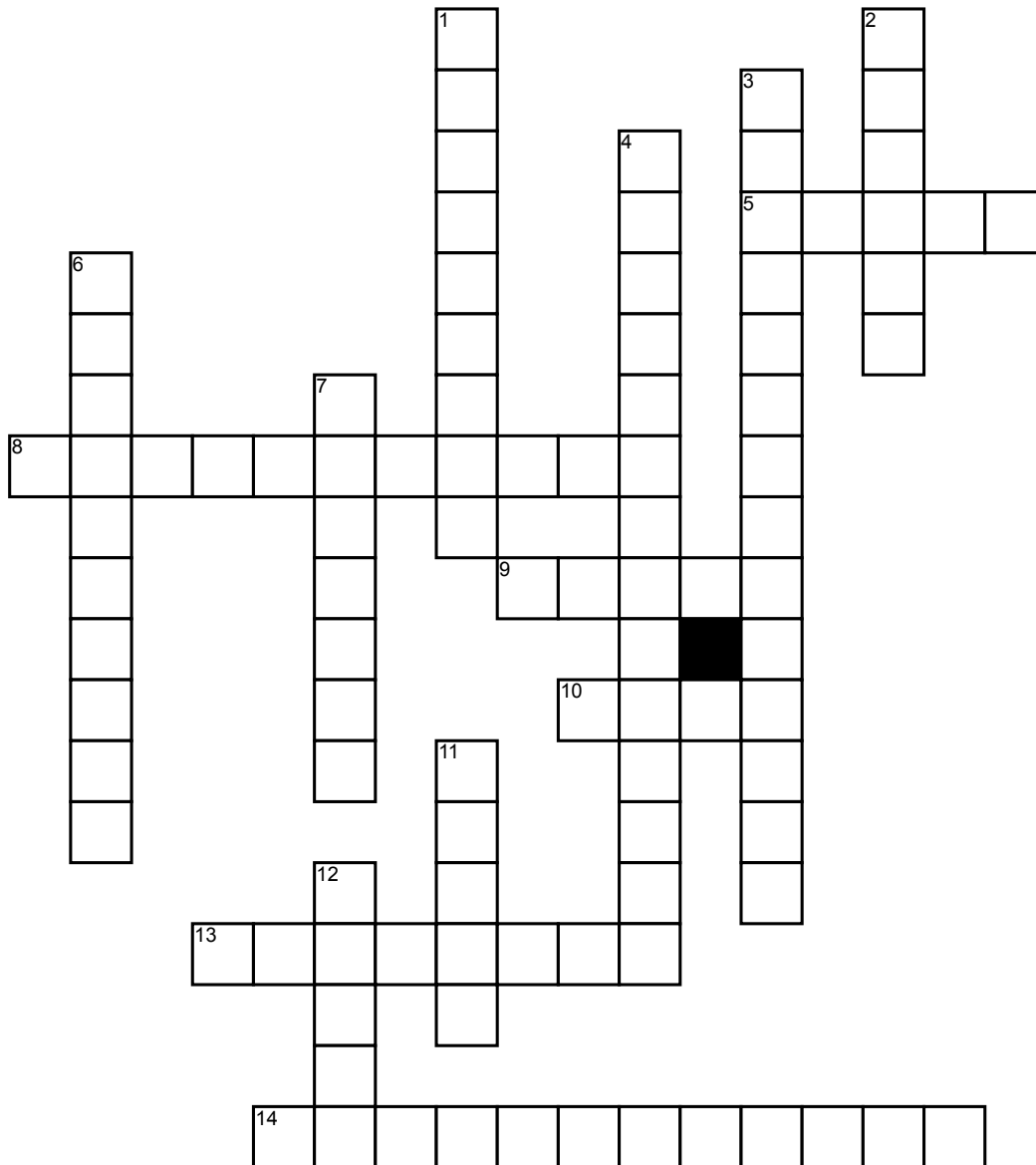


Name: _____

Nutrition



Across

- 5.** a savoury food you should have in small amounts
8. when your body loses more water then it takes in
9. increases hydration
10. number of food groups
13. a powerful desire for food

- 14.** minerals in your blood and other body fluids that carry an electric charge, you lose these when you sweat

Down

- 1.** a sweet food you should eat in small amounts
2. what food group would pasta come under
3. vitamins and minerals, required in small amounts

- 4.** nutrients that provide energy, needed in large amounts, carbohydrates is one example

- 6.** what food group is eggplant in?
7. found in meat, fish and cheese
11. what food group is grapes in?
12. what does the B stand for in B metabolic rate