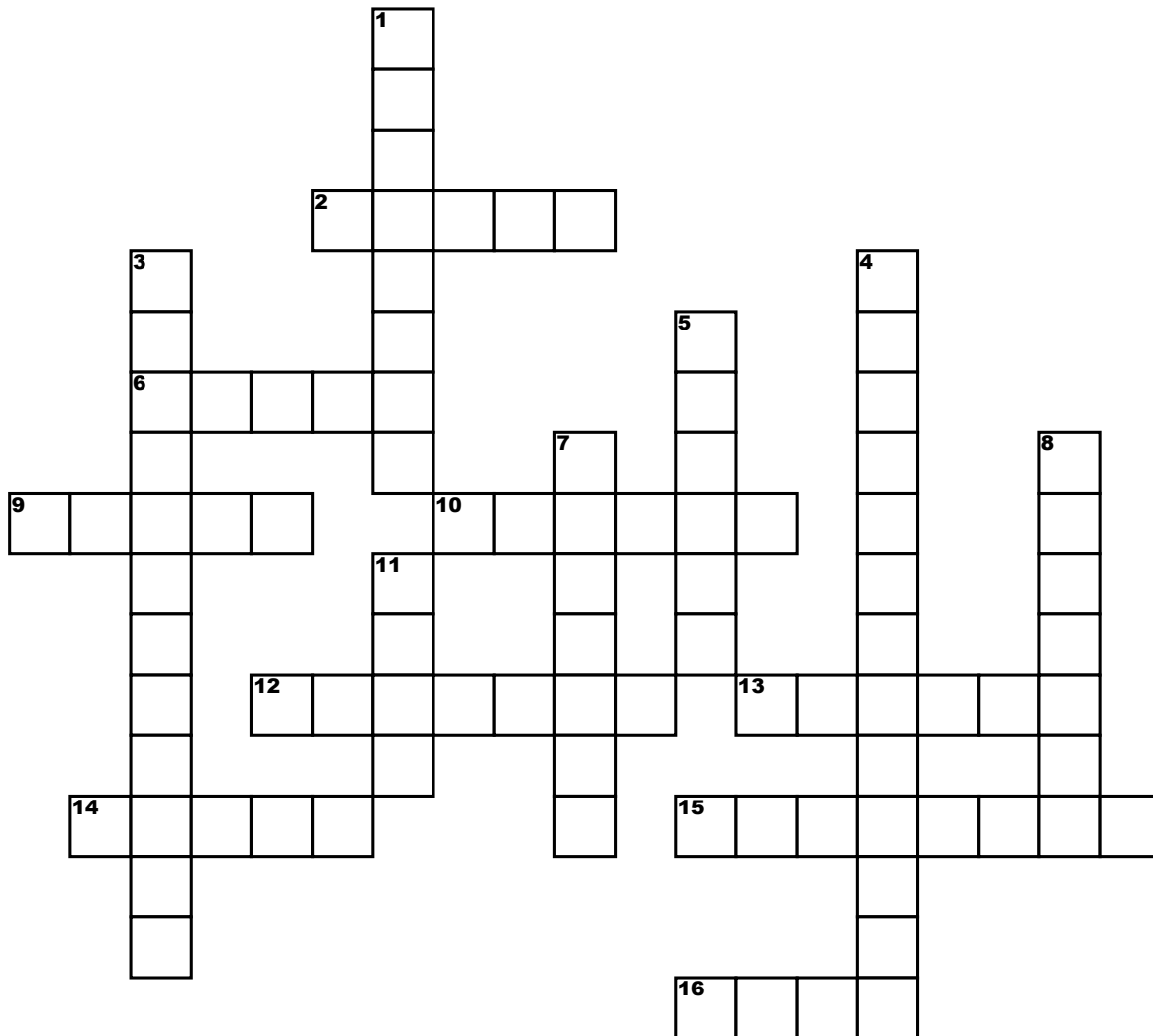


Name: \_\_\_\_\_

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

# Nutrition Crossword



## **Across**

**2.** a diet of what we think people ate in the paleo days

**6.** a diet that helps loses weight fast

**9.** best food source is water

**10.** converts food into glucose

**12.** to help build muscle in the body

**13.** is found in salt and is excreted in urine

**14.** found in fruits, veggies and nuts

**15.** helps have growth in soft tissue

**16.** helps reduce the risk of heart disease and can be found in nuts & oils

## **Down**

**1.** helps form healthy bones, teeth and soft tissue

**3.** a traditional diet characterised of veggies and protein

**4.** can be used to lose weight, found in bread & cereal

**5.** is a low carb diet

**7.** is important for strong bones and healthy teeth

**8.** forms adenosine triphosphate

**11.** essential for blood production