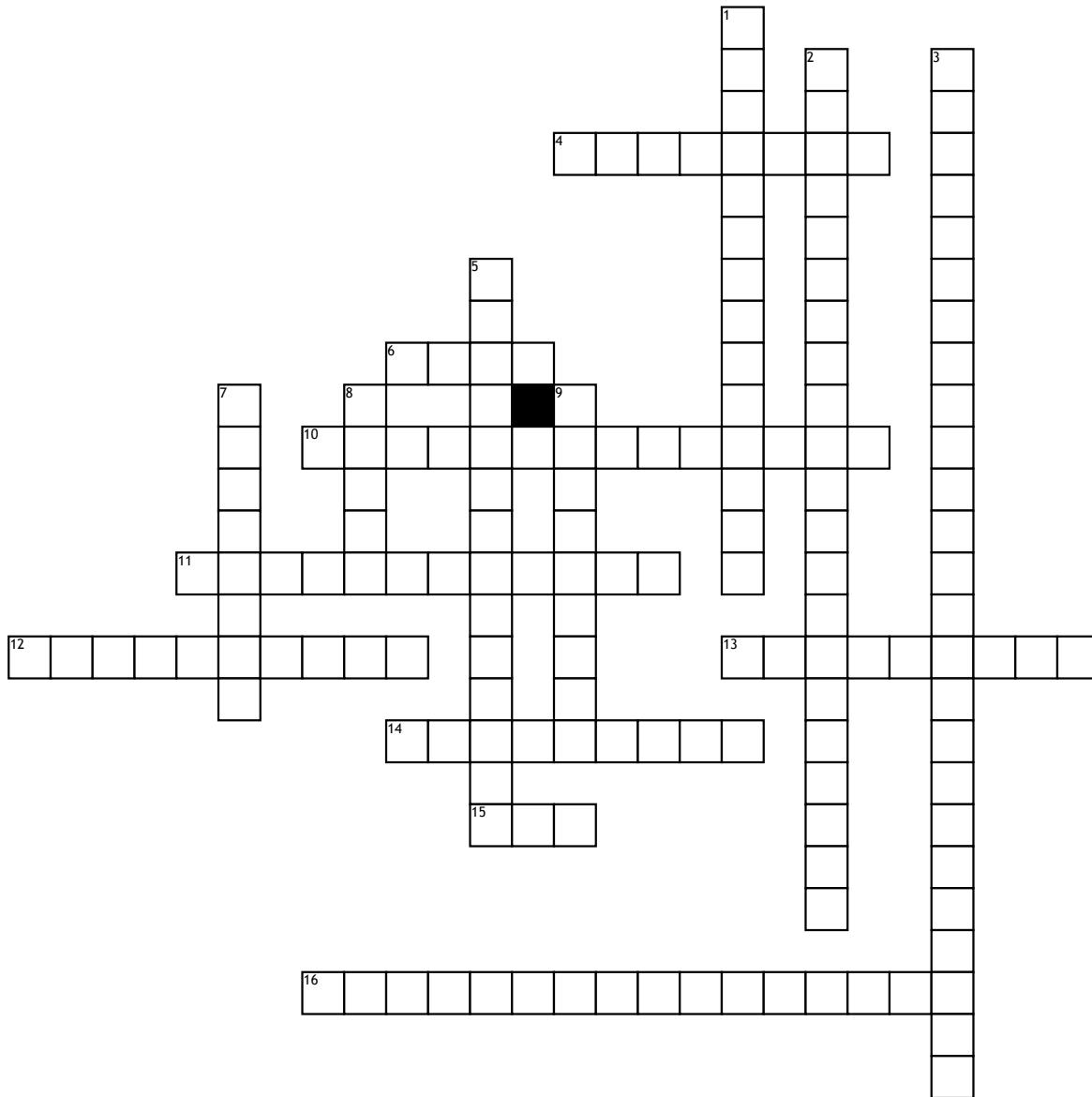


Name: _____

Date: _____

Nutrition Terminology



Across

4. The energy contained in food
6. Items consumed to meet our daily needs and grouped based upon content
10. This is required in small amounts and contributes to health and well-being
11. This class of nutrient can be synthesised from other nutrients
12. This describes an adequate amount of energy not to cause harm

13. A pictorial guide showing groups, portions and types of foods required for a healthy diet
14. This class of nutrient must be consumed every day
15. Where does energy come from
16. What is the name given to the process of maintaining body temperature

Down

1. This is required in large amounts and provides energy
2. Where does the body store and transport energy
3. This describes the recommended energy intakes
5. Name the process where plants use the energy from the sun
7. Foods that contain more than one food group
8. The way in which we consume our food, based upon how we put them together
9. The process of converting nutrients (food) into functional bodily tissue