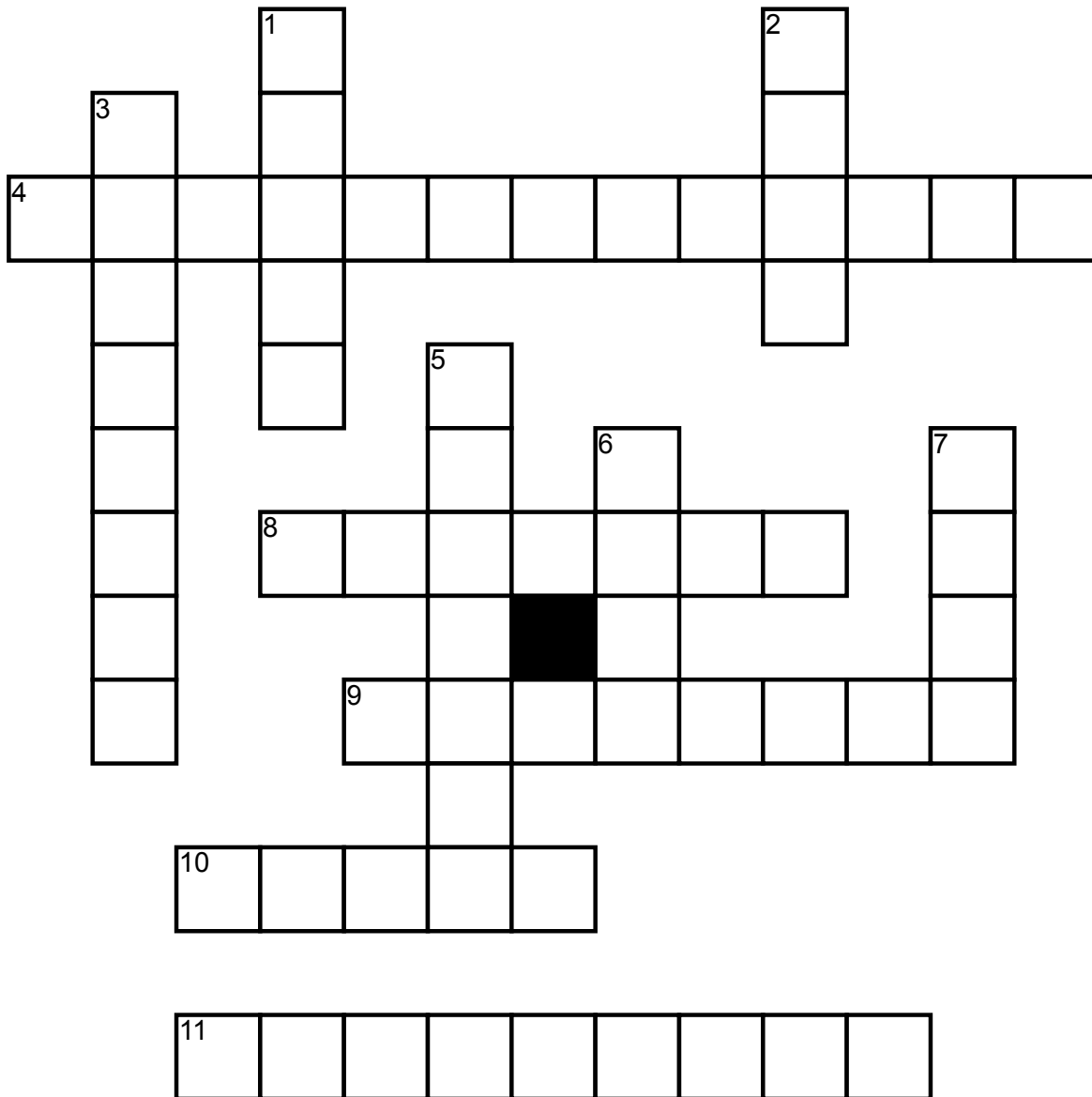


Nutrition



Across

- 4.** The sugars, starches and fibres found in fruits, grains, vegetables and milk products
- 8.** Used to strengthen bones and teeth , most common source is milk
- 9.** Nutrients that help build and maintain body cells and tissues (made up of long chains of amino acid molecules)
- 10.** A colourless liquid which is vital to the bodies basic functions
- 11.** Substances in foods which the body needs to grow, repair and supply itself energy with

Down

- 1.** Helps to keep the digestive system in good condition
- 2.** Large provider of protein, can be found in a white or red variety
- 3.** We all achieve to have a diet
- 5.** The measure of energy supplied by food (unit of measurement)
- 6.** The type and amount of food and drink a person usually consumes
- 7.** The 2 types of this macro nutrient is saturated and unsaturated