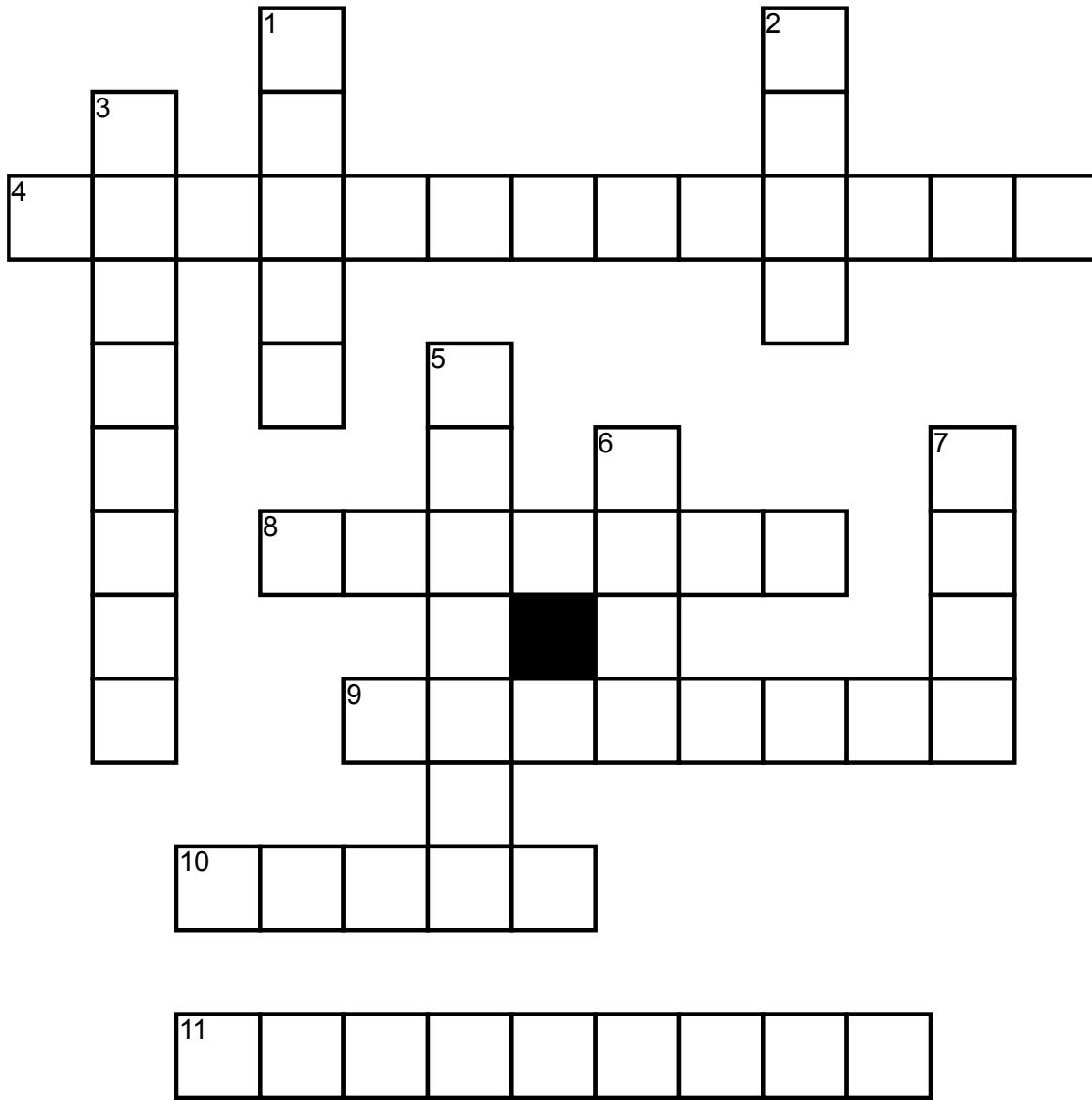


Nutrition



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
4. The measure of energy supplied by food (unit of measurement)
5. The type and amount of food and drink a person usually consumes
6. The 2 types of this macro nutrient is saturated and unsaturated