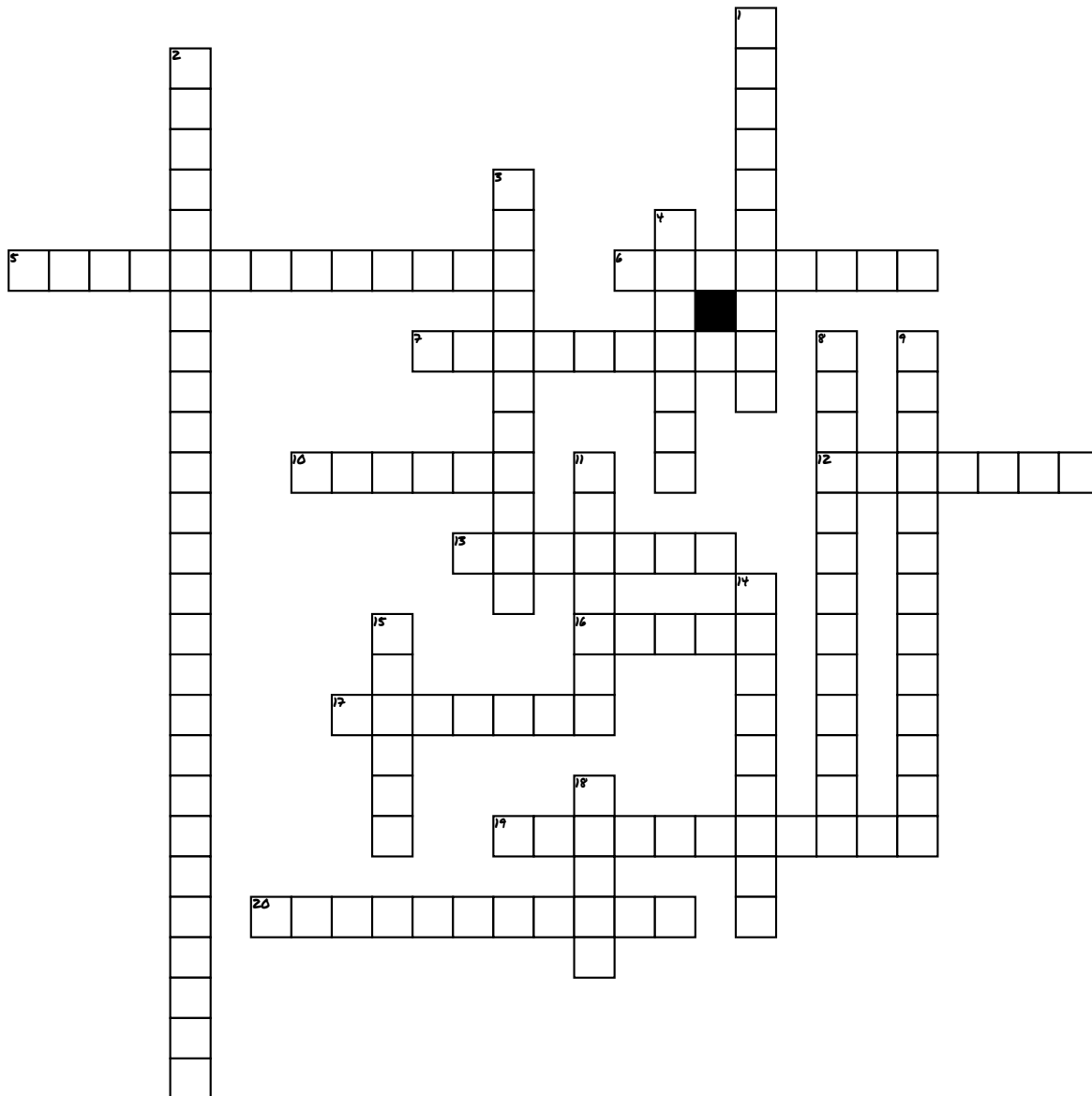


Name: \_\_\_\_\_

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

# FOOD AND NUTRITION - MACRONUTRIENTS



## ACROSS

5. THIS MACRONUTRIENT IS DIVIDED INTO SUGARS, STARCH AND FIBRE.  
 6. FRUIT SUGARS  
 7. TYPE OF FAT THAT INCREASES CHOLESTEROL LEVELS  
 10. A LACK OF PROTEIN CAN ALSO CAN \_\_\_\_\_ (SWELLING OF FEET).  
 12. EFFECT OF TOO MUCH CARBOHYDRATES  
 13. ASIDE FROM MEAT AND POULTRY, \_\_\_\_\_ ARE A RICH SOURCE OF PROTEIN.  
 16. OIL WHICH LOWERS CHOLESTEROL LEVELS  
 17. SUGAR FOUND IN MILK

19. ONE GRAM OF FAT PROVIDES THE BODY WITH THIS MANY KILOJOULES OF ENERGY

20. WHEN YOUR BLOOD CLOTS DUE TO TOO MUCH SATURATED/TRANS FATTY ACID INTAKE

## DOWN

1. THE VALUE OF PROTEIN IN A PRODUCT DEPENDS ON THE AMOUNT OF \_\_\_\_\_ IT CONTAINS.  
 2. TOO MUCH PROTEIN COULD RESULT IN?  
 3. GOOD FATS  
 4. EXAMPLE OF A MACRONUTRIENT - REMEMBER; BODY NEEDS IN LARGE QUANTITIES

8. PROTEIN COULD ALSO ASSIST IN THIS, WHICH AS A RESULT WILL ALLOW WOUNDS TO HEAL FASTER

9. FUNCTION OF DIETARY FIBRE

11. THE SUGAR THAT THE BODY USES FOR ENERGY, ALSO CALLED BLOOD SUGARS

14. ONE GRAM OF BOTH CARBOHYDRATES AND PROTEIN PROVIDE THE BODY WITH THIS MANY KILOJOULES OF ENERGY.

15. 55% OF THIS CARBOHYDRATE SHOULD BE USED FOR ENERGY IN THE BODY

18. ALSO KNOWN AS CELLULOSE, CANNOT BE BROKEN DOWN BY THE BODY.