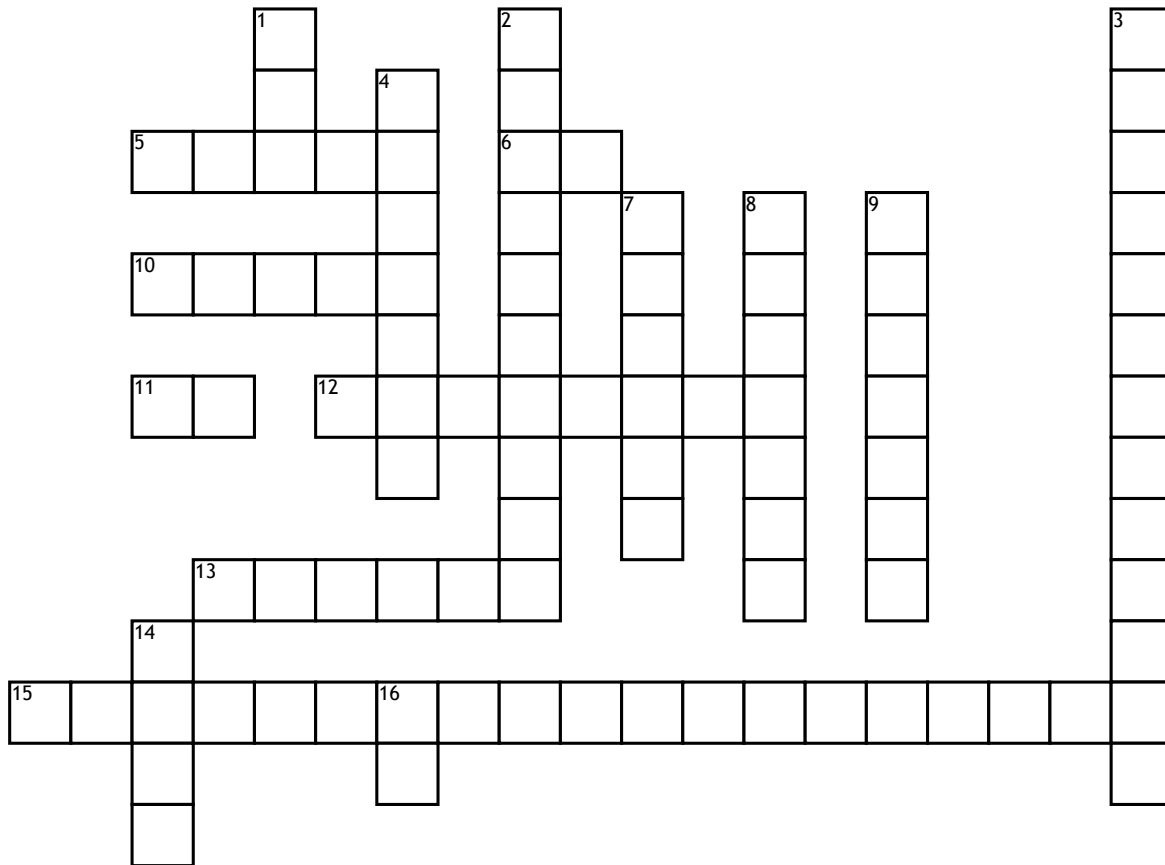


Name: \_\_\_\_\_

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

# nutrition crossword



## Across

5. it keeps us hydrated  
 6. helps convert energy to food  
 10. fibres best food source is  
 11. helps turn food into glucose and produces energy  
 12. helps the reproduction of eyesight

13. what is another name for B3

15. sodium helps maintain

## Down

1. important for good health, but dont eat heaps  
 2. what is another name for B2  
 3. its the bodys main source of energy  
 4. its best food source is meat, fish, nuts, eggs

7. its best food source is salted nuts and frozen nuts

8. what is another name for B1

9. this nutrients function is important for strong bones and strong teeth

14. important for blood production

16. involved in many body functions