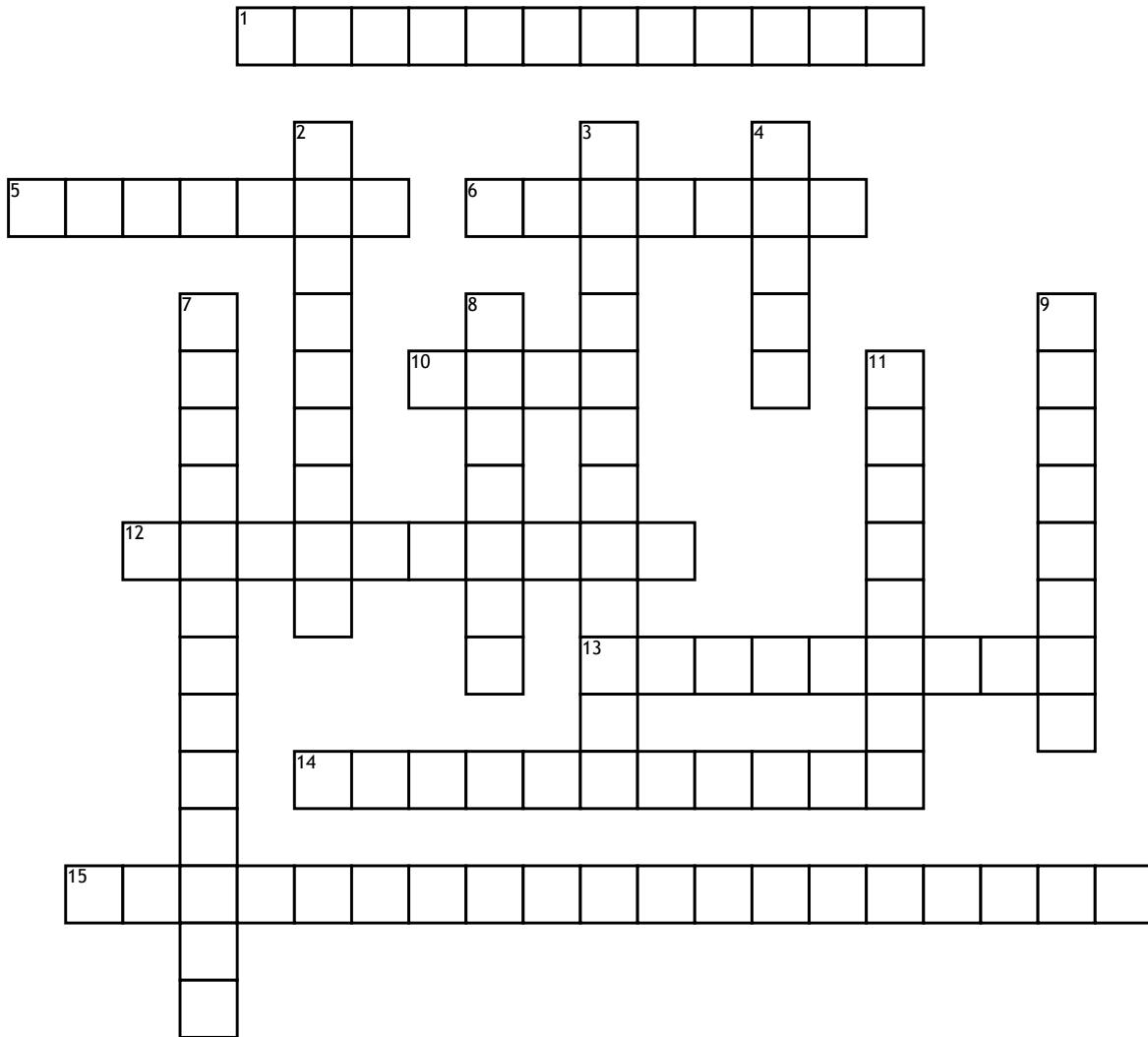


Name: \_\_\_\_\_

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

# nutrition



## Across

1. A system in the body that protects it from germs and diseases
5. This mineral makes teeth and bones strong
6. A food group needed for growth and repair of the body
10. The different foods a person eats a day
12. Rotting teeth leading to holes in teeth

13. Germs entering your body causing problems

14. A food group that supplies a large amount of energy

15. A food group needed to keep bodies working well

## Down

2. The important parts of food needed by the body for energy and good health
3. Difficulty in passing solid waste out of the body

4. Helps push out waste out of the digestive system

7. A food group that keeps the body warm and provides energy for growth and movement

8. A disease in children caused by a lack of Vitamin D

9. This vitamin helps to fight infections

11. A disease which results from high levels of sugar in the blood