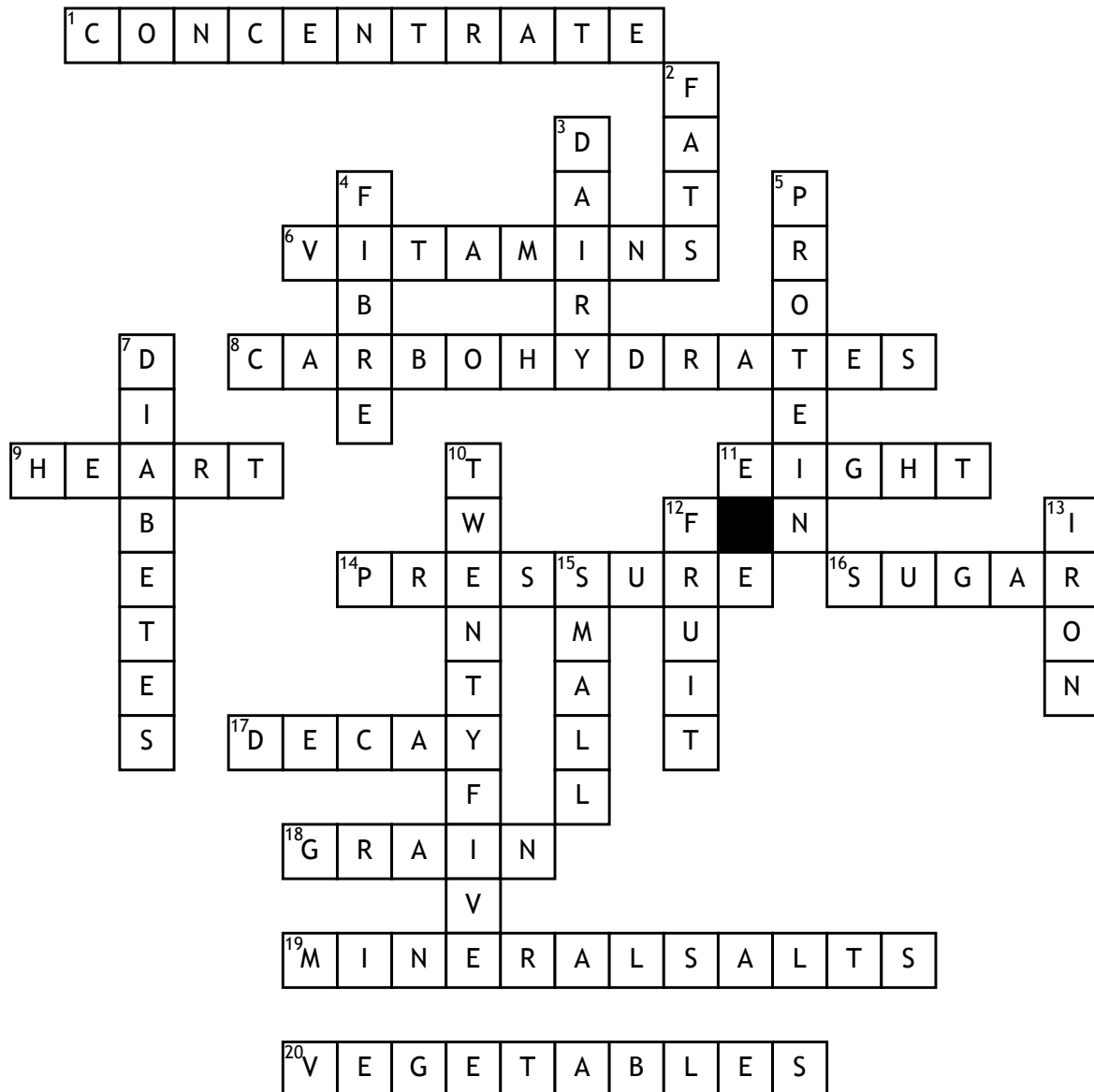


Nutrition, Alex Avern-Taplin



Across

1. Sometimes a poor diet can affect how long you do this for in class
6. Required in small amounts of quantities to keep you healthy
8. Used in the body as an energy source
9. Too high cholesterol could result in _____ disease
11. How many regular glasses of water should you have per day?
14. Eating too much unhealthy food can result in high blood _____
16. Soft drink is high in _____

17. Eating too much sugary foods can result in tooth _____
18. Pasta is a type of _____
19. These are required for healthy teeth, muscles, bones etc.....
20. It is recommended you have 5 serves of these per day

Down

2. _____ provide a source of energy and contain soluble vitamins
3. Milk, yoghurt, cheese
4. Required to help your intestines work properly

5. Section in the food pyramid that contains meat, fish, nuts

7. Poor eating and lifestyle habits cause insulin resistance. This causes _____

10. What percentage of Australian children are obese?

12. It is recommended you have 2 serves of these per day

13. Red meat is known for giving your body this

15. A poor diet can cause energy for a _____ period of time