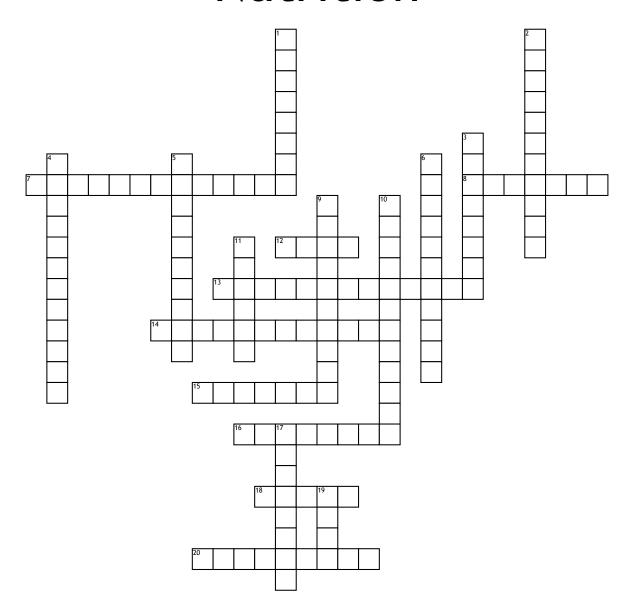
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Nutrition



Across

- **7.** A fat that contains saturated fatty acids
- **8.** Produced without the use of chemical fertiliser
- **12.** A substance absorbed to maintain growth
- **13.** A substance like starch or sugar that is rich in energy
- 14. High in saturated fat
- 15. Overweight
- **16.** Lack of insulin, resistance to insulin or high blood sugar
- **18.** High in fibre and contains seeds

20. Provides nourishment important for growth

Down

- 1. Found in foods they our body needs for it to work properly
- 2. Healthy eating guide
- **3.** Found in foods like meat, eggs and milk, important part of the human diet
- **4.** Contains carbohydrates, vitamins, fibre ect.
- **5.** Part of plant such as carrot, potato or cabbage

- **6.** A compound of the sterol type found in most body tissues
- **9.** Caused by bacteria and food in the teeth
- **10.** Naturally occurring inorganic salts
- **11.** Being free from illness or injuries
- 17. Obsessive desire to lose weight
- **19.** Necessary for the trasportation of oxygen