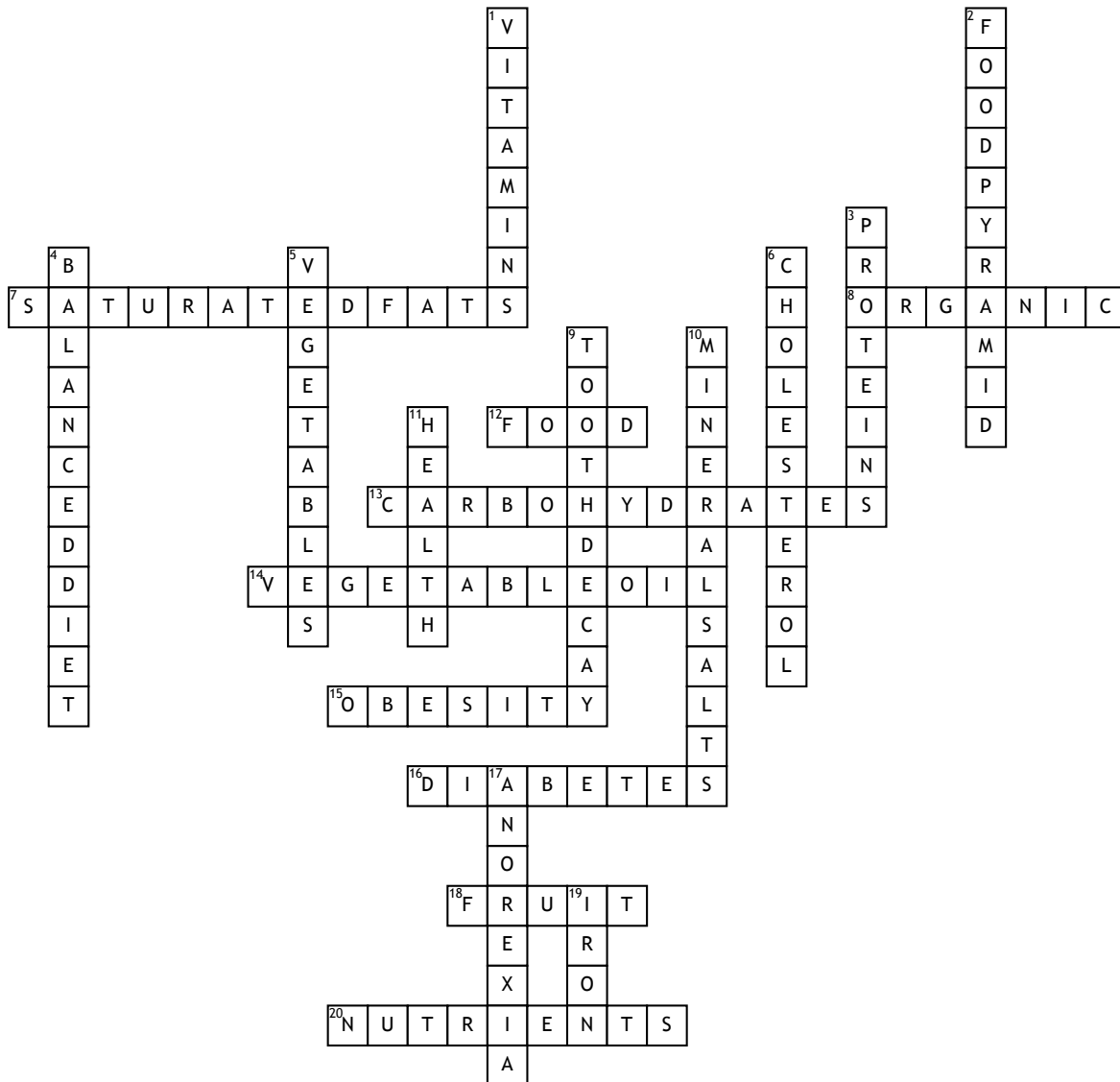


Name: \_\_\_\_\_

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

# 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