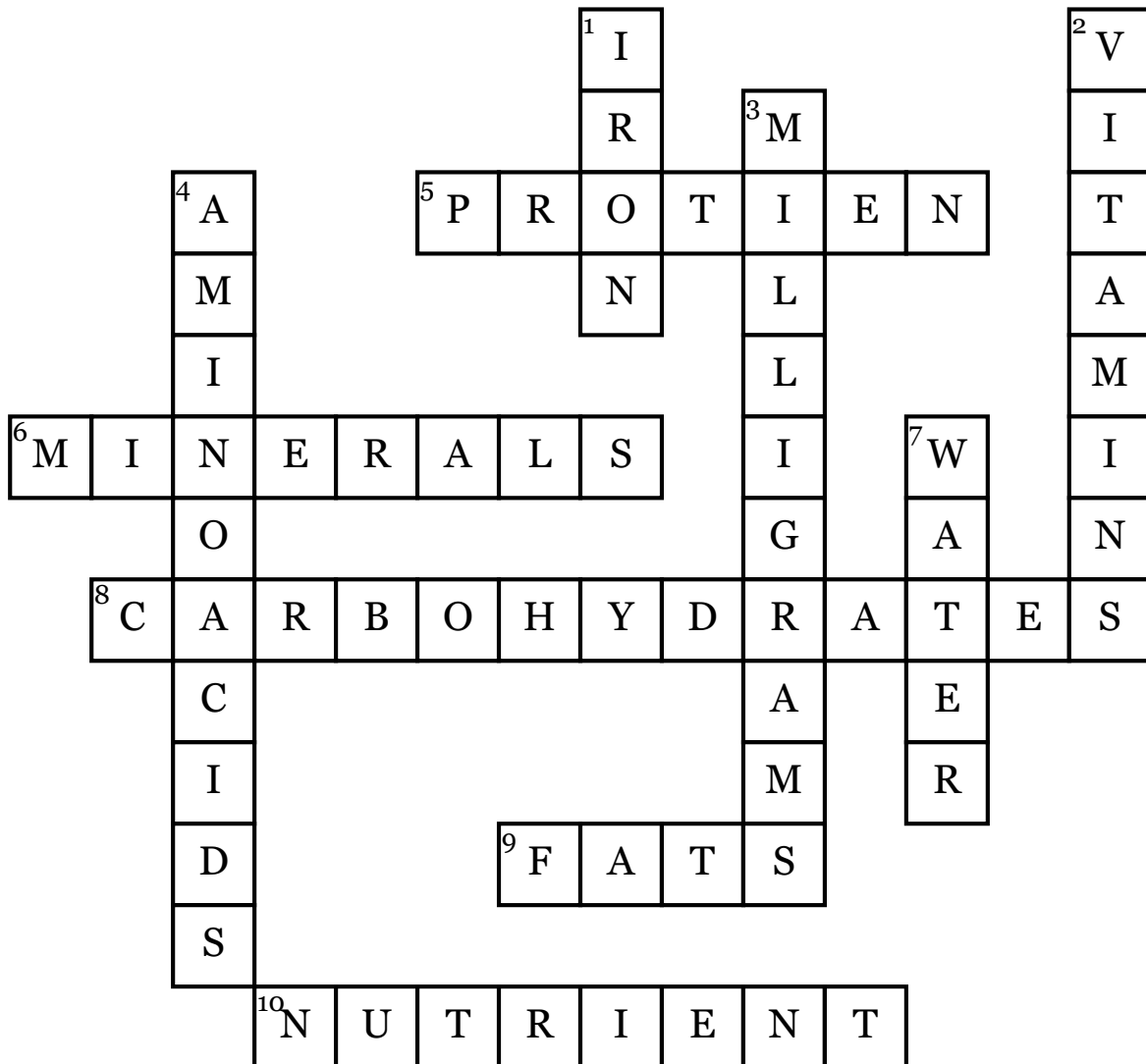


Name: _____

Nutrients



Across

- 5.** The nutrient contained in dairy, beans and eggs.
- 6.** Potassium, sodium, calcium
- 8.** The nutrient contained in bread, grains and starchy vegetables.
- 9.** the nutrient which comes from omega 3 rich foods, nuts, seeds and avocado.
- 10.** A substance that provides nourishment for everyday life and growth.

Down

- 1.** Found in red meats, in two forms, haem/non-haem
- 2.** A,B,C,E,K
- 3.** Keep your sodium intake under 2400 ----- per day
- 4.** Protein is broken down into these.
- 7.** Helps transport nutrients around the body