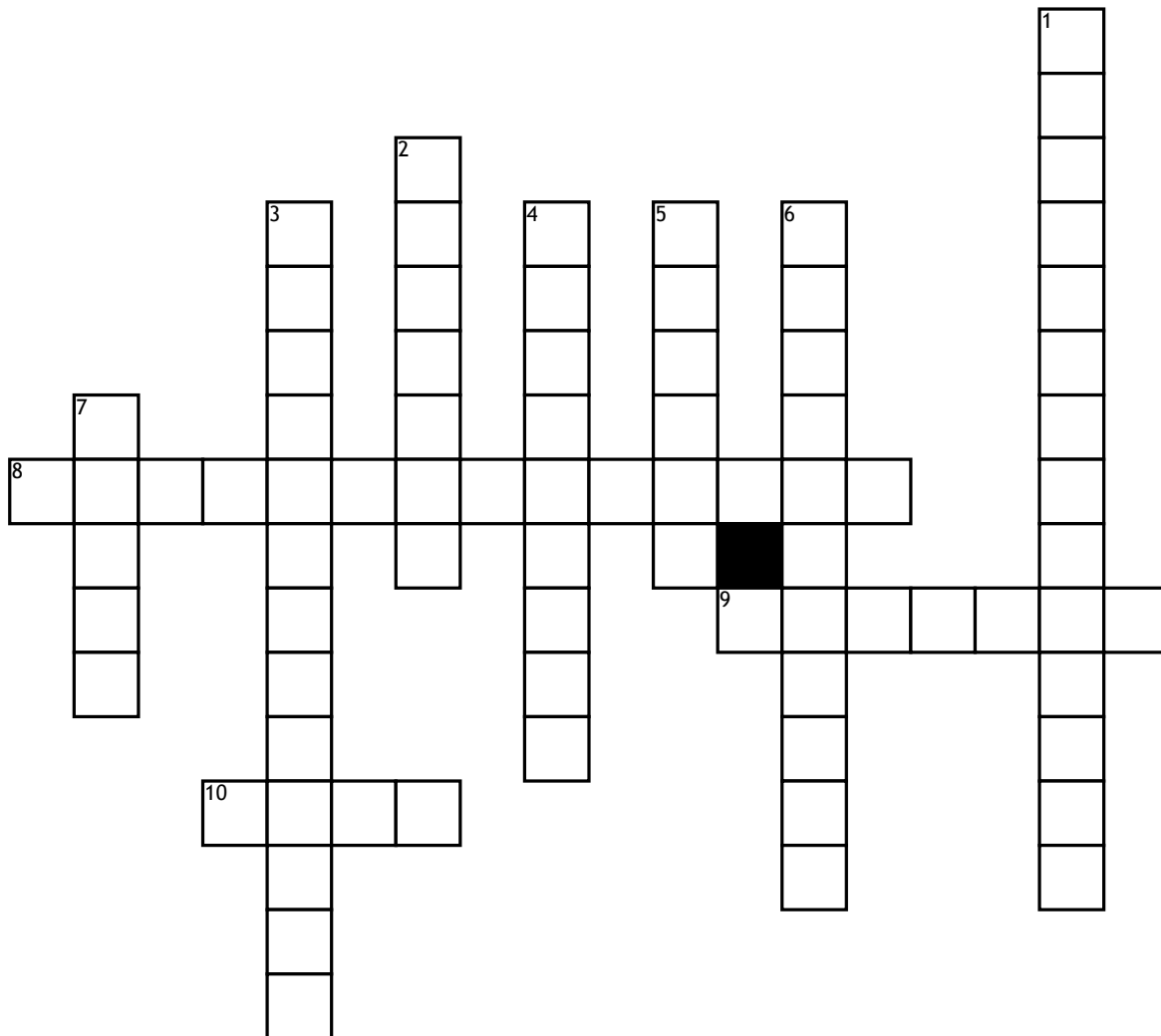


Name: _____

Date: _____

Healthy Eating



Across

8. Nutrients we need in relatively small amounts

9. Beans, pulses, meats, fish and alternatives are all sources of this macronutrient

10. Adults should eat no more than 6g of _____.

Down

1. Nutrients we need in relatively large amounts

2. Dairy and alternatives are a good source of protein and vitamins. They are also a good source of which particular mineral?

3. Potatoes, cereals, bread and pasta are a good source of _____.

4. Some meats can be high in this particular type of fat

5. Beans, peas and lentils are all types of p____s.

6. These fats are from plant origin and are said to be "healthier" options

7. Wholegrain foods contain high amounts of this nutrient