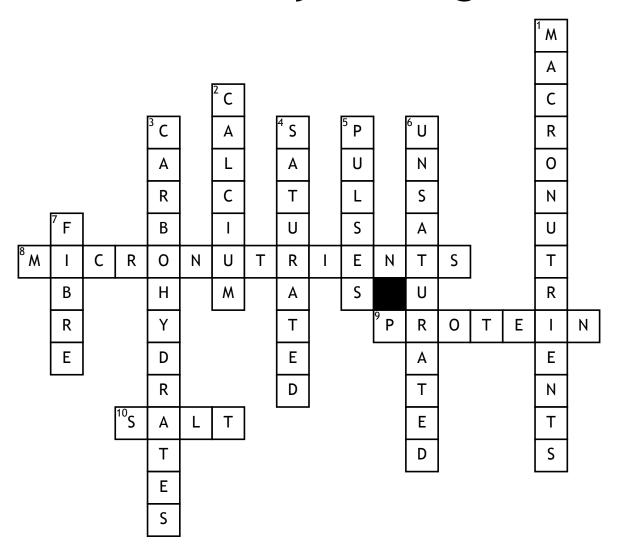
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## Healthy Eating



## **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