

Date: _____

[illegible]

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 _____.

1. Nutrients we need in relatively large amounts

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

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

7. Wholegrain foods contain high amounts of this nutrient