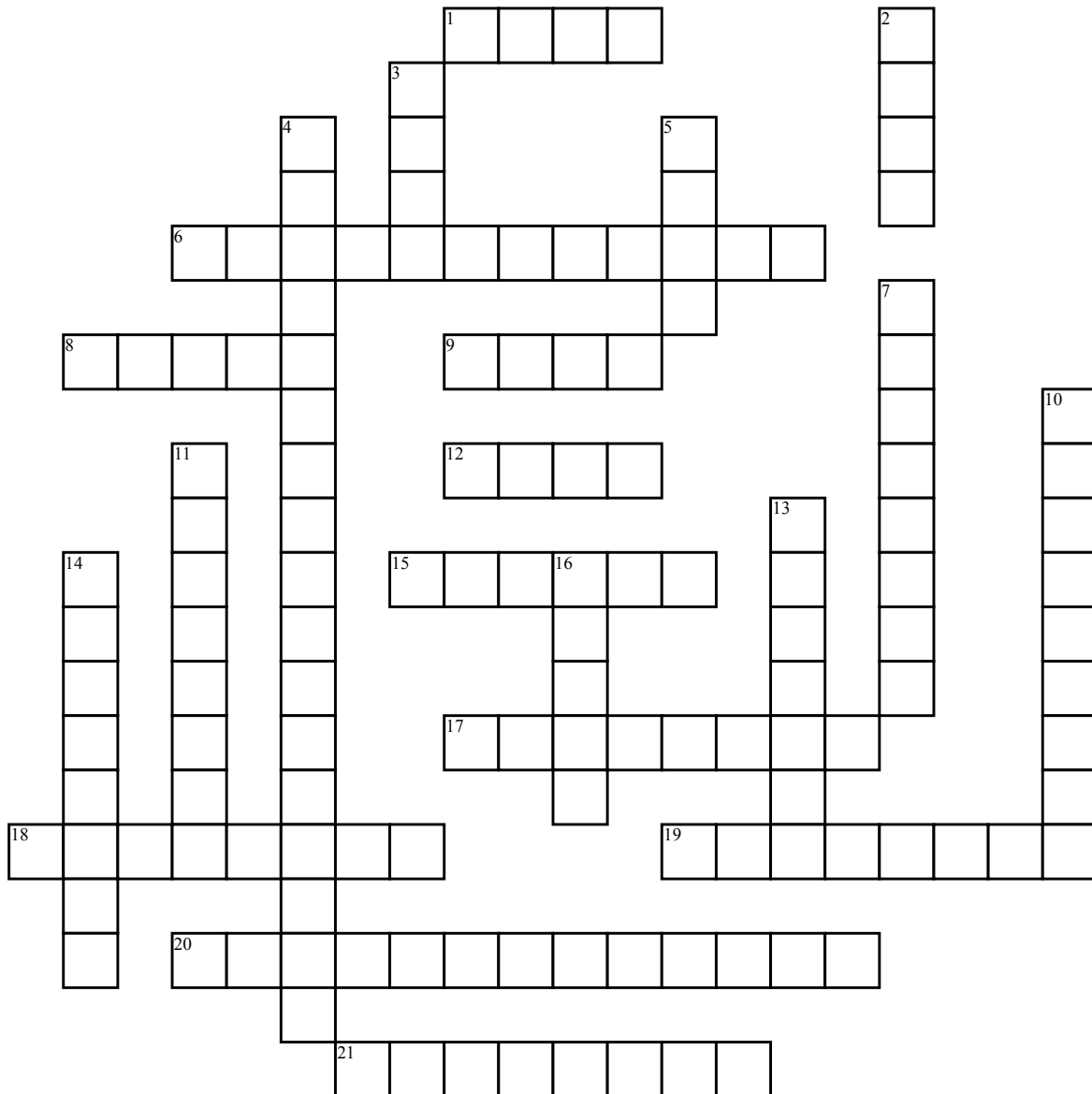


# CONSTITUENTS OF FOOD



**Across**

- 1. This is an important source of protein.
- 6. Body \_\_\_\_\_ food and \_\_\_\_\_ nutrients from the food.
- 8. This helps body absorb food from nutrients.
- 9. Food acts like a \_\_\_\_\_ to our body.
- 12. Example for Fats.
- 15. Example of food containing carbohydrates.
- 17. This diet includes all the nutrients that are required for our body.

- 18. Which vitamin is good for skin, bones, teeth?
  - 19. This is required by our body to run all the chemical processes?
  - 20. This nutrient form essential structural component of living cells?
  - 21. Which Vitamin is present in milk, egg, salmon fish, cheese?
- Down**
- 2. How many nutrients are present in food ?
  - 3. Storage of what causes obesity ?
  - 4. Carbohydrates include these three components ?

- 5. What is source of energy known as ?
- 7. Dietary fibres are known as \_\_\_\_\_.
- 10. This helps us fight against diseases ?
- 11. Which vitamin is good for eye sight ?
- 13. This component helps us build, grow and repair damaged tissues in the body.
- 14. Which Vitamin is good for heart ?
- 16. An \_\_\_\_\_ a day keeps the doctor away.