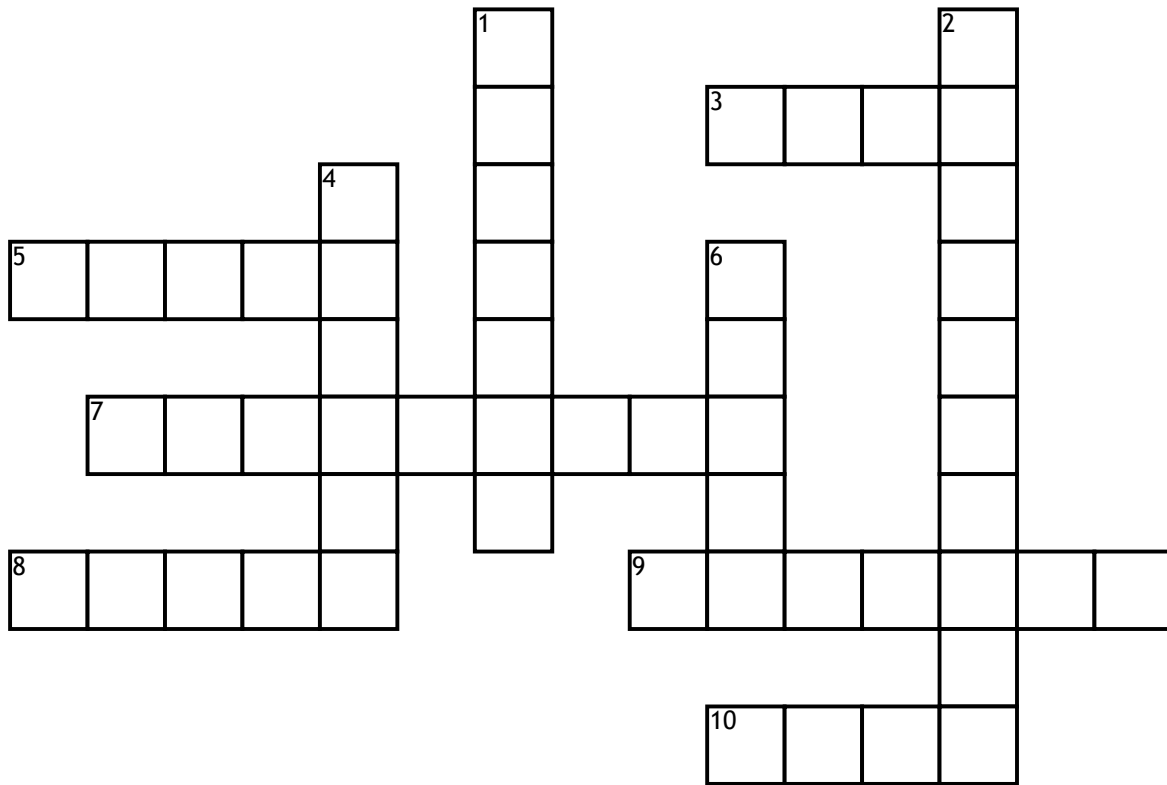


Cooking and Nutriion



Across

- 3. How many fruits and vegetables are we recommended to eat every day?
- 5. Provides us with energy but is bad for our teeth
- 7. How far food is travelled from farm to fork
- 8. Sharp item used for cutting

- 9. Mineral that develops strongbones and teeth

- 10. Where we bake cookies

Down

- 1. Nutrient found in meat, fish and beans
- 2. People who do not eat and meat
- 4. This is where we keep food cool
- 6. Italian staple food