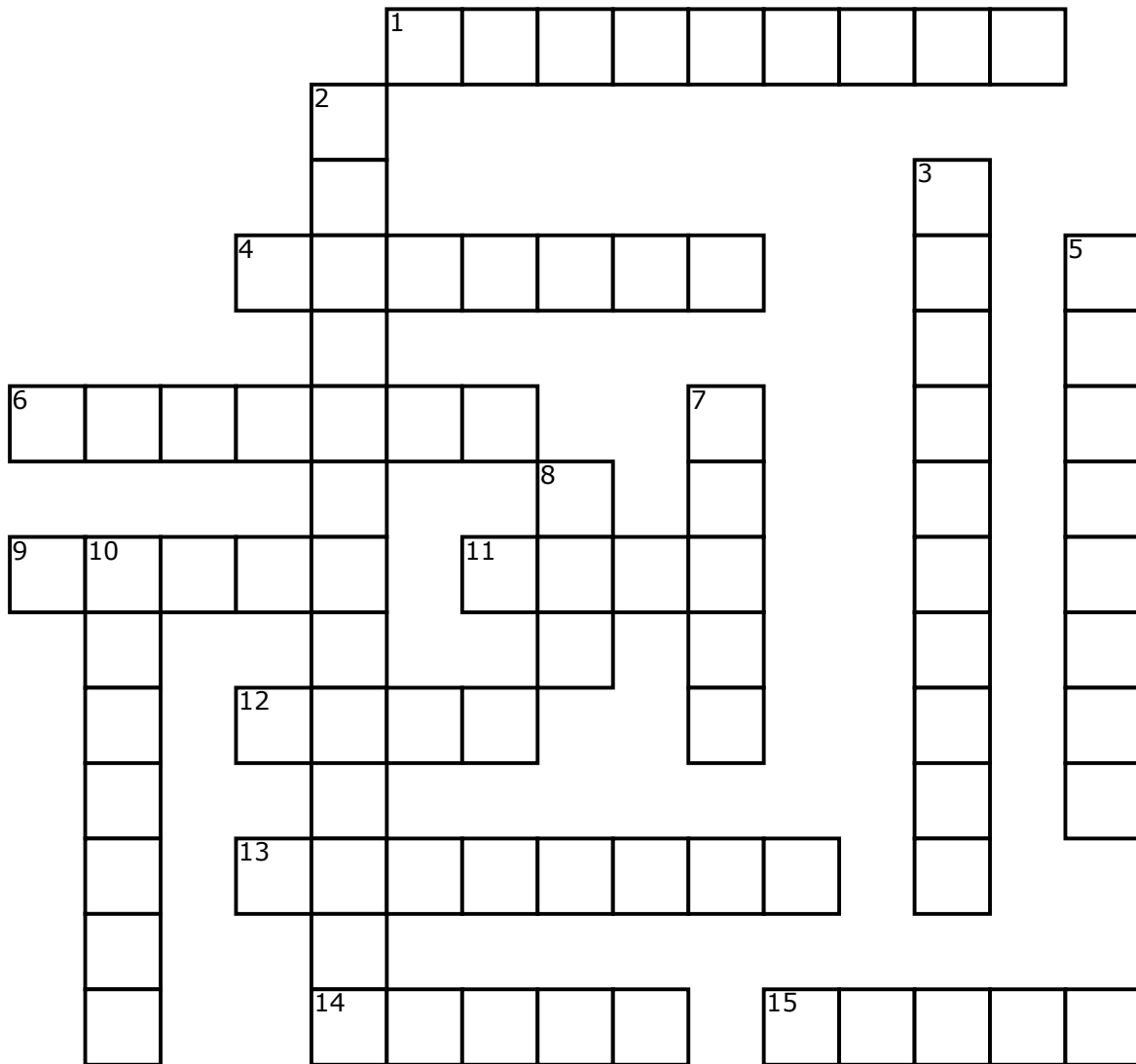


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Eating Healthy



## **Across**

- 1.** A substance not naturally present in foods but added during its preparation. Some are known to have adverse effects on the body such as heart problems and ADHD
- 4.** We need to eat this to allow our body to maintain and repair our muscle, blood, bones and organs
- 6.** Often referred to as 'Blood Sugar'
- 9.** Food Group that contains the likes of milk, cheese & yoghurt
- 11.** Too much of this in our diet can lead to higher risk of high blood pressure, heart disease or a stroke

**12.** Our body needs this to produce healthy, oxygen-carrying red blood cells

**13.** The food group that contains grains, potatoes and rice

**14.** An excess of this in our diet can lead to weight gain, heart disease or other complications (E.g Diabetes)

**15.** Perfect as a snack and an excellent source of natural, unrefined sugars, as well as nutrients we need for a healthy body

## **Down**

**2.** We eat this to provide energy for our body to move and function

**3.** A great source of nutrients, the more of these we eat, the better!

**5.** A unit used as a measure of energy released by food as its digested by the human body

**7.** Makes up 60% of the adult human body, this is used in all our cells, organs and tissues. Make sure you get enough!

**8.** We need this in our diets to help absorb certain vitamins (A,D&E) as well as regulate hormones

**10.** An excess of this in our diet can lead to serious liver problems, amongst others