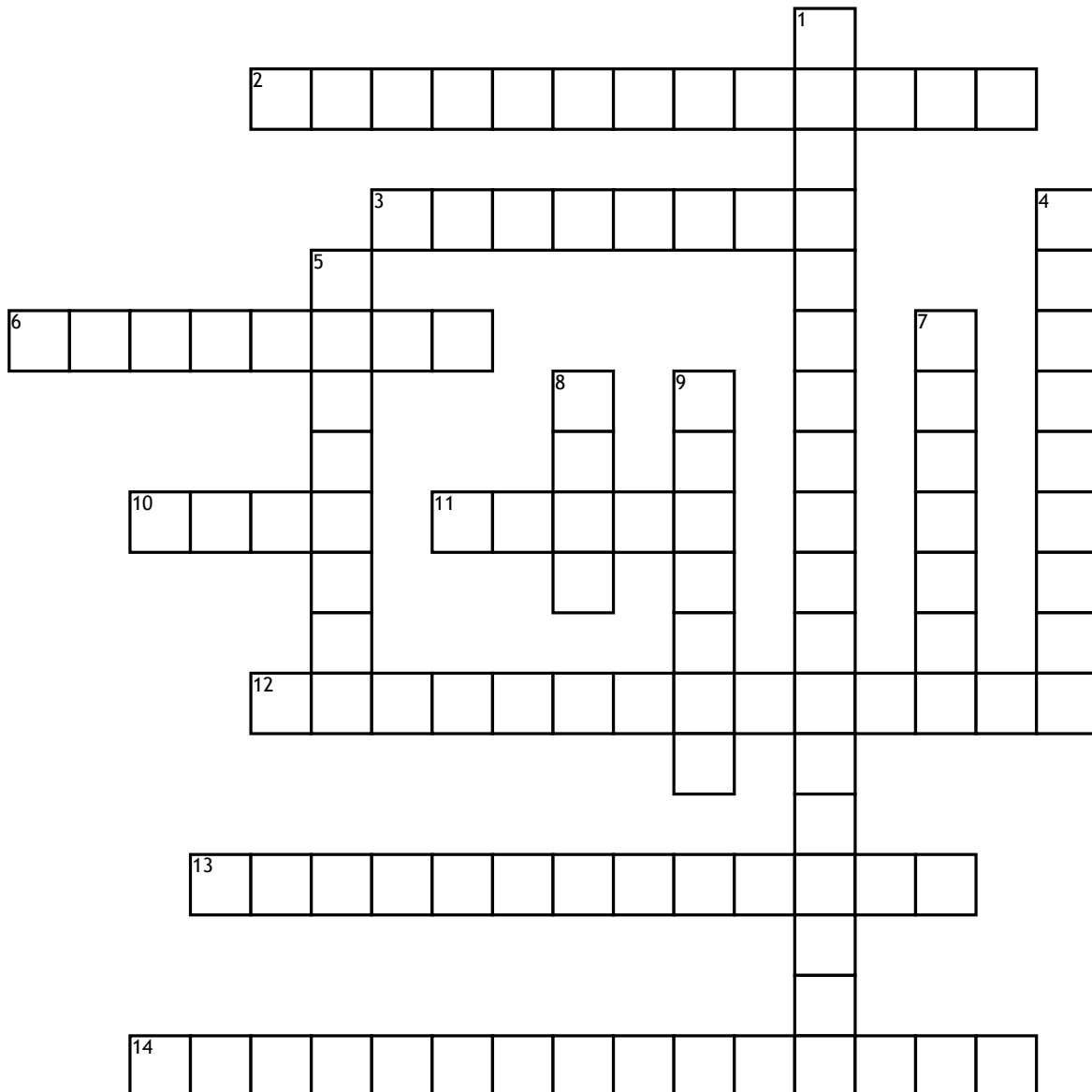


# Food



**Across**

- 2. Working against the growth of bacteria
- 3. Examples of these are A, B, C and D
- 6. Some of the most common of these are calcium iron and zinc
- 10. The amount of fruit and veg you should eat a day
- 11. What you can't last more than a few days without

- 12. proteins carbohydrates and fats
- 13. These should make up 45% to 65% of your daily calories
- 14. We can use lemon juice to prevent this

**Down**

- 1. The transfer of harmful bacteria from one area to another

- 4. Substances added to food for things such as colour, preserve or flavour
- 5. Small microscopic organisms found all around us
- 7. Eggs are in this nutrient category
- 8. You should try not to eat too much of these
- 9. You should have a wide \_\_\_\_\_ of types of food