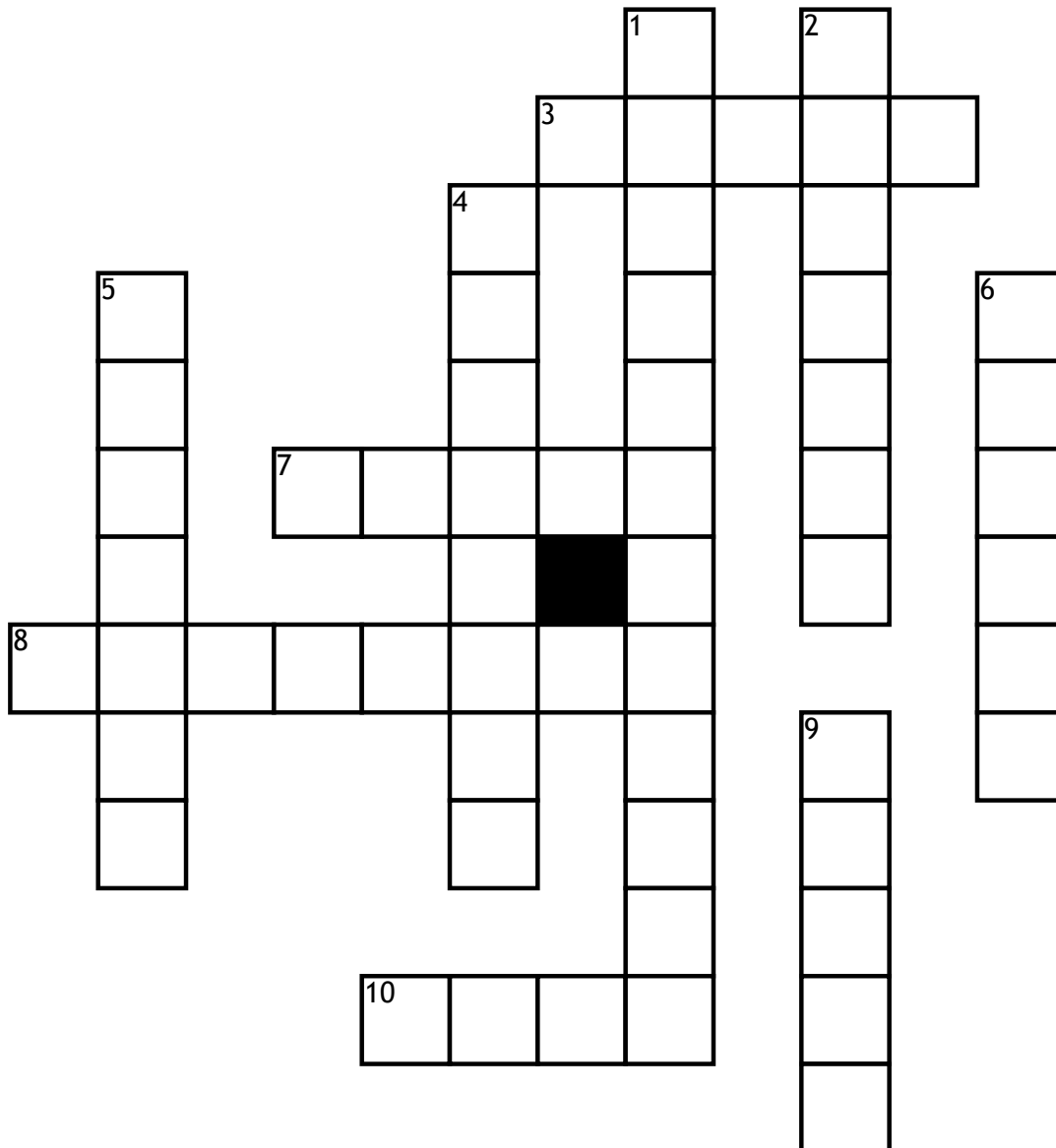


Name: _____

Date: _____

Food Tech



Across

- 3. Complete this phrase
.....nutrient
- 7. What will happen to you if you
dont have any vitamins?
- 8. What vitamin helps the body
absorb calcium?
- 10. How many food groups are in
the eatwell plate?

Down

- 1. What food group includes Rice?
- 2. Which food group helps build
cells?
- 4. Orange is a great source of
which vitamin?
- 5. Milk is a great source of which
mineral?
- 6. Carrot contains what mineral?
- 9. How big does the intake of fats
and sugars need to be?