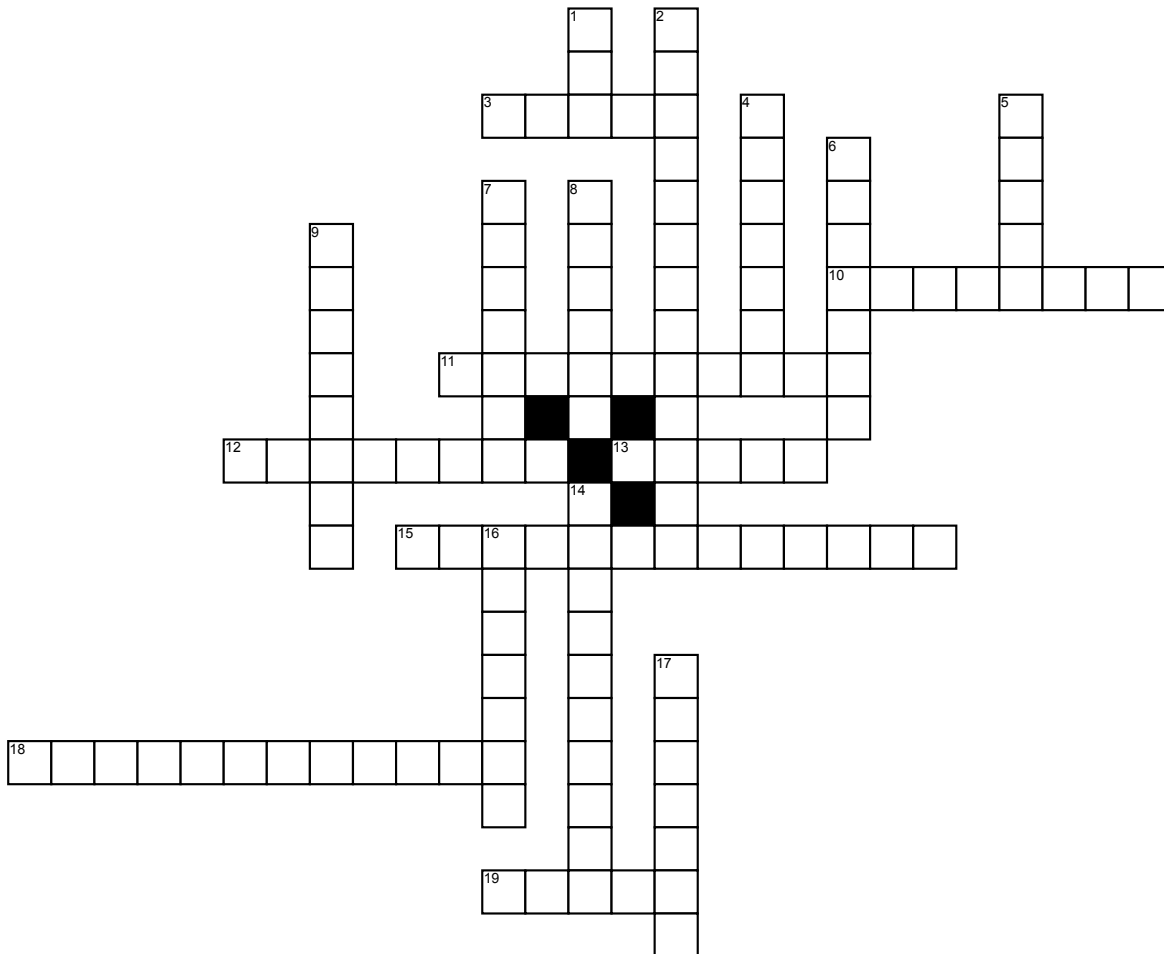


# Food & nutritions



## Across

3. The human body is made of 60%.
10. What is the worst fat.
11. These give carbs but no nutrients.
12. The best fibre foods.
13. What contains a lot of protein.
15. How much protein do you need in a day.
18. How many calories do women need in a day.

19. You should wash these, before and after food preparation.

## Down

1. Carbs get stored long term in the body as this.
2. Which type of nutrient is the best source of energy.
4. This hormone regulates glucose levels in the blood.
5. How many cups of water do you need in a day.
6. Known as malt sugar, is found in grains.

7. SFAS are found in this item.

8. A medium sized one of these comes packed with 23 grams of carbs.

9. Known as fruit sugar. Most plants contain sugar, especially fruits and saps.

14. The source of water also comes from.

16. This is the main source of fuel for the human.

17. The sugar we know best is table sugar, also called this.