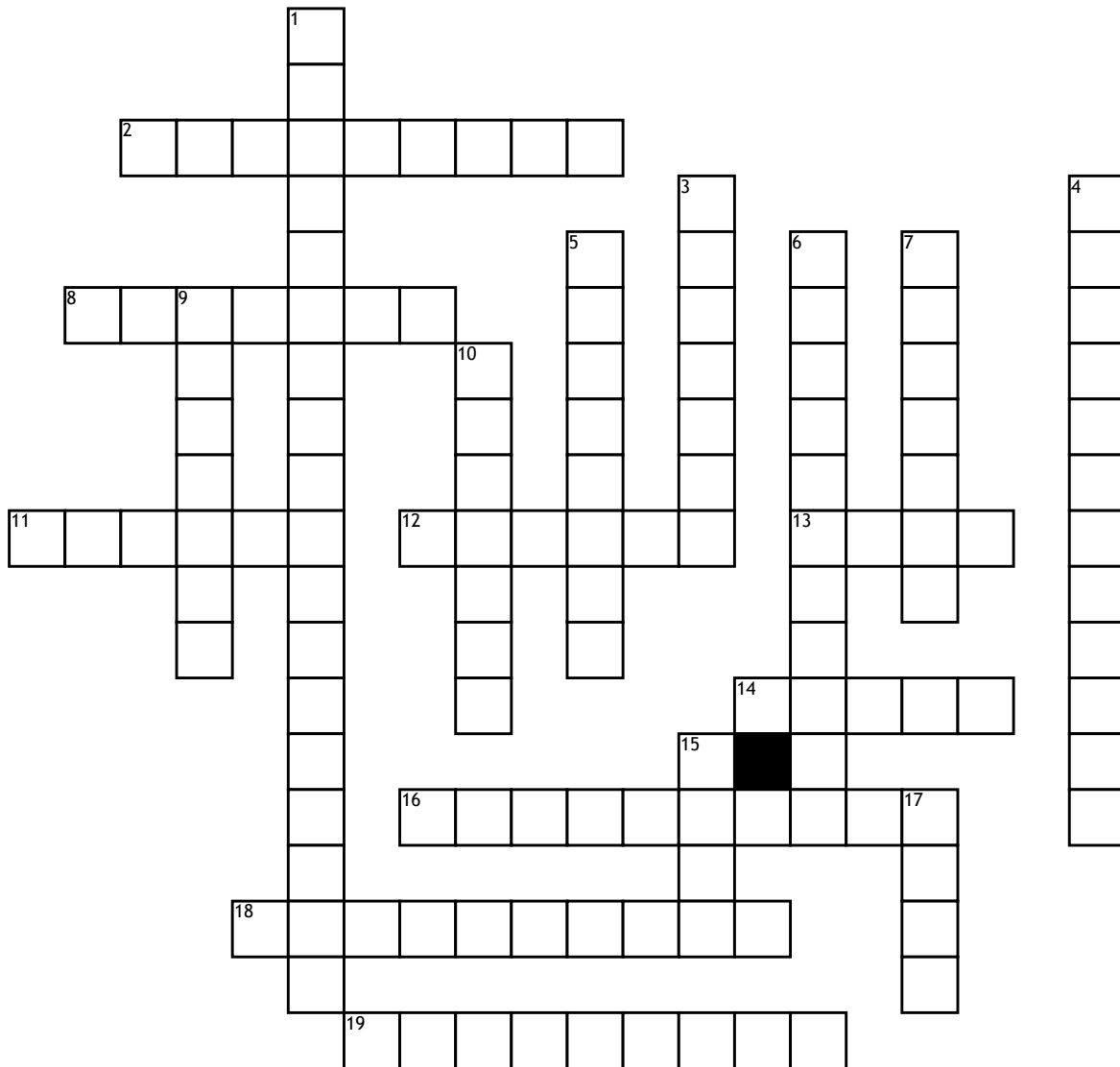


Name: _____

Health is Wealth - Lunchbox Edition



Across

2. Which legume is used to make hummus?
8. This is a healthier alternative to crisps
11. Provitamin A and _____ is a good snack idea
12. Another word which is often used to refer to salt is?
13. Stock cubes are a hidden source of _____
14. Natural sugars are found in this food group
16. You should be eating 4-5 portions of _____ everyday

18. A white creamy condiment which pairs nicely with eggs and chicken on a sandwich
19. A tinned fish which is rich in nutrients (i.e Vitamin D, Omega 3 & Vitamin B12)

Down

1. A person who does not eat meat but still eats eggs and dairy
3. Milk contains this mineral to make bones strong
4. A popular fat to put on sandwiches
5. Sweet potatoes, carrots and spinach are rich in which nutrient?

6. Plant products do not contain this type of fat
7. Which type of fibre does oats contain?
9. Lentils are a good source of?
10. An unhealthy diet can lead to the development of _____ diseases
15. The starch ingredient of our granola bars and a great breakfast option
17. What part of the chicken contains the unhealthy fat?