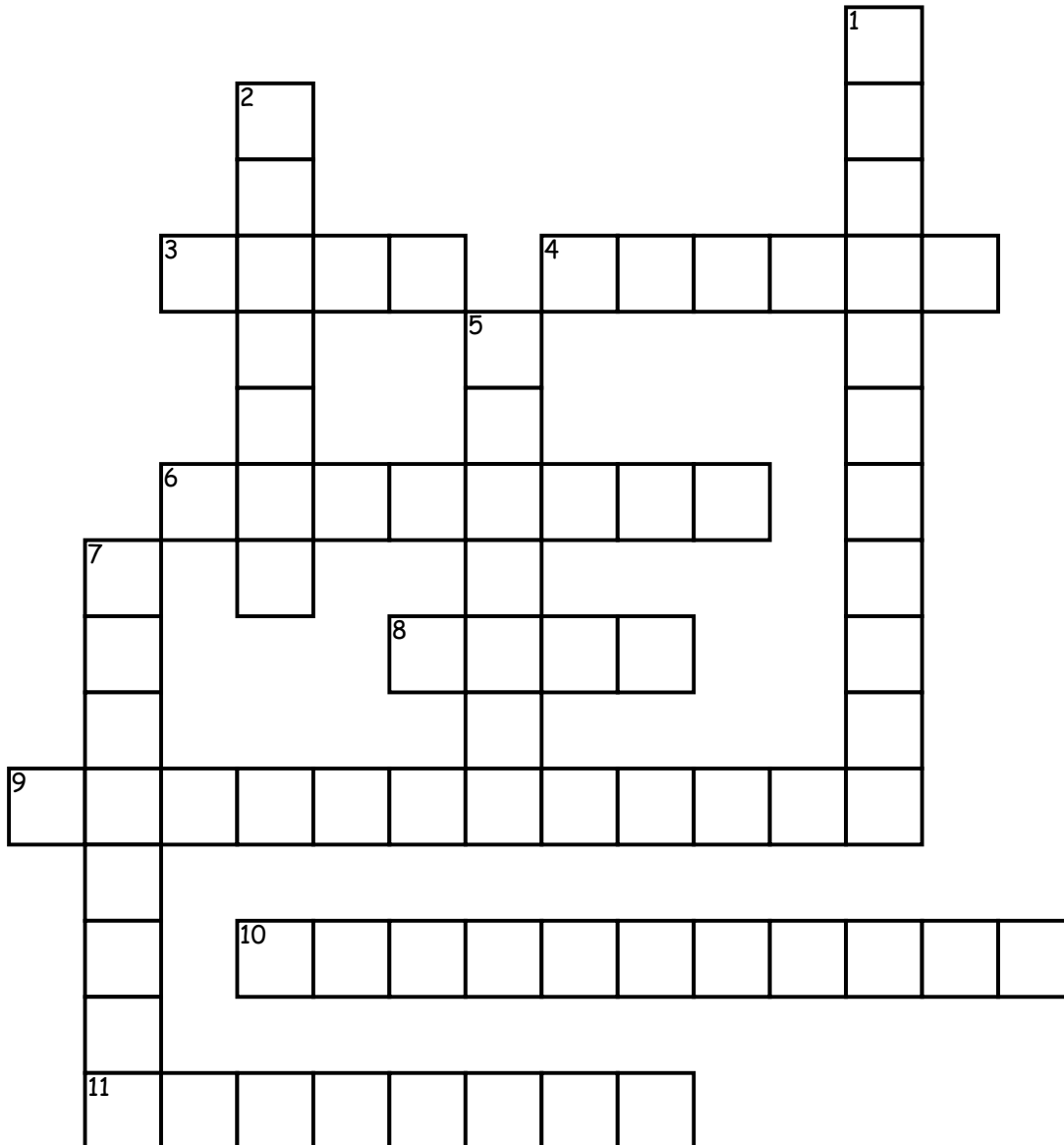


Healthy Eating



Across

3. How many food groups are used to create a healthy meal

4. Vegetable high in Vitamin A

6. What 'D' is associated with lack of the hormone Insulin

8. Food rich in Calcium

9. Name one food group associated with high fibre

10. Name the type of fat most suitable for inclusion in a healthy diet

11. Healthy meals should be

Down

1. Energy Measurement

2. Which nutrient is associated with growth and repair of cells

5. What 'O' is associated with over consumption of Fats

7. Deficiency of which nutrient causes Beri Beri