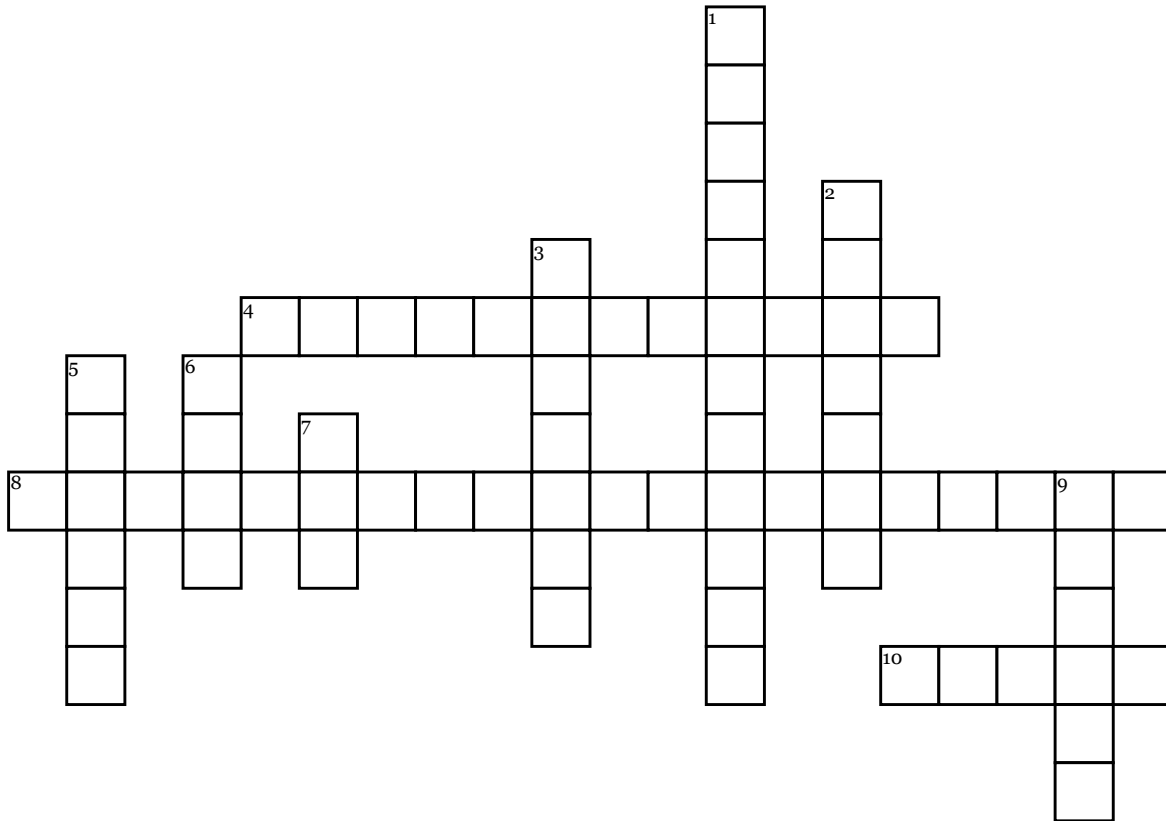


Healthy eating



Across

4. What is caused by a lack of fibre?
8. What disease is caused by too much saturated fat?
10. What is also known as roughage?

Down

1. What is caused by not having a balanced diet
2. Which nutrient contains nitrogen?

3. What does a lack of vitamin D cause?

5. What is the main function of protein?

6. What mineral is needed by women more than men?

7. Which nutrient provides long-lasting energy

9. What does a lack of vitamin C cause?