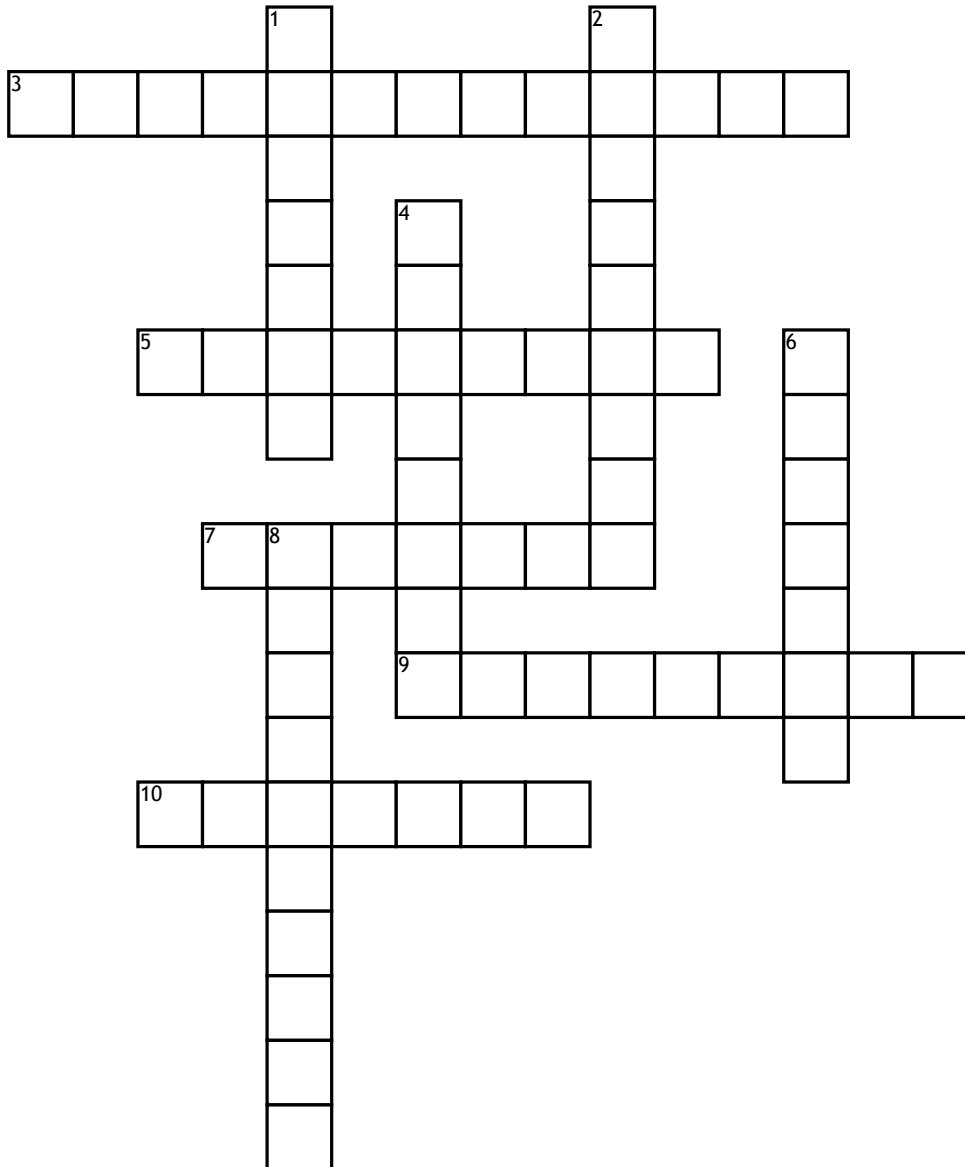


Name: _____

Date: _____

Healthy eating crossword



Across

3. What food group does rice belong to?
5. This food can be high in zinc
7. Vitamin D absorbs this to keep teeth and bones strong and healthy?
9. What does fibre help with?
10. Name a food that contains good fats

Down

1. There are two forms of carbohydrates; simple and.....?
2. This mineral can be found in foods such as milk, nuts, spinach and bananas.
4. In order to be healthier our diet should be this?
6. Name a food group you should eat 2-3 portions of a day.
8. What do proteins help to supply?