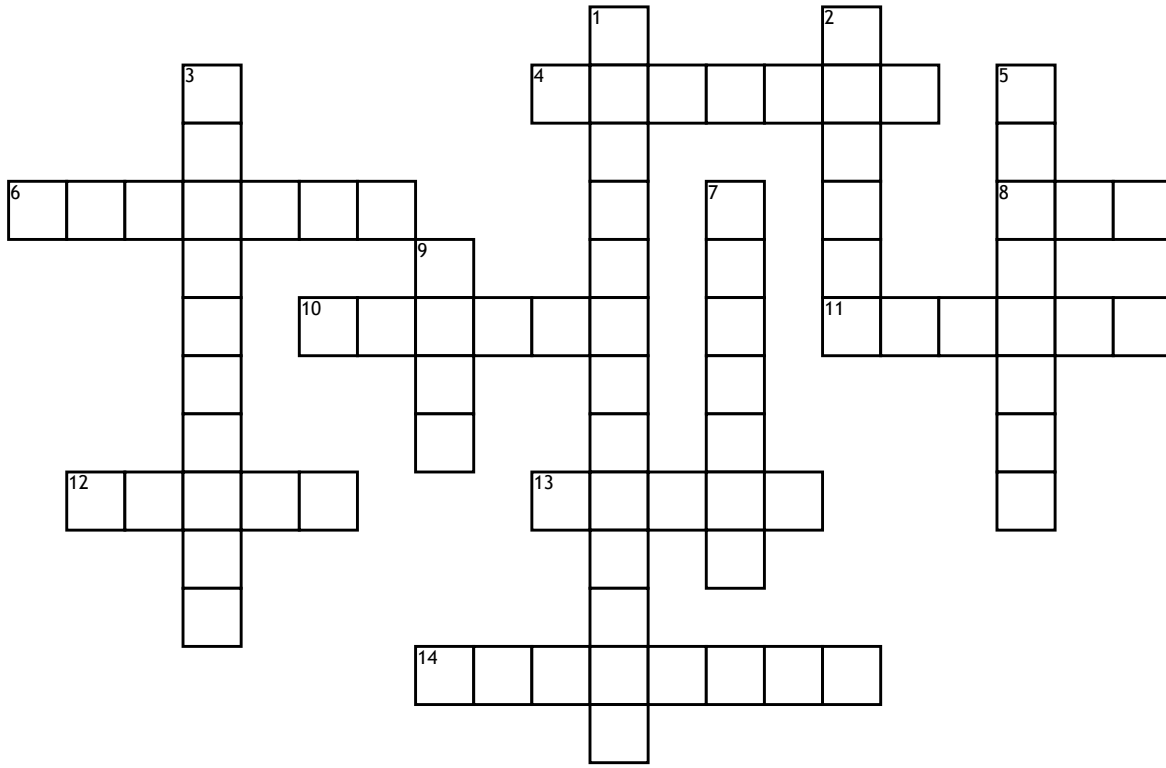


Macro and Micro Nutrients



Across

4. Which mineral helps with bone strength?
6. What is responsible for muscle growth and repair?
8. How many water soluble vitamins are there?
10. What is glucose better known as once its been broken down in the digestive system?
11. Neutral fats can be found in which fish?

12. What is bacteria in the immune system better known as?
13. Vitamin K can be found in which coloured vegetable?
14. Iron, Calcium and Sodium are all types of what?

Down

1. What is stored in your liver and muscles as glycogen?

2. Which carbohydrate is found in sugary drinks?
3. Vitamin A and D are what type of vitamin?
5. Which vitamin can help with normal vision?
7. What white meat is an example of protein?
9. What macronutrient is also known as lipids?