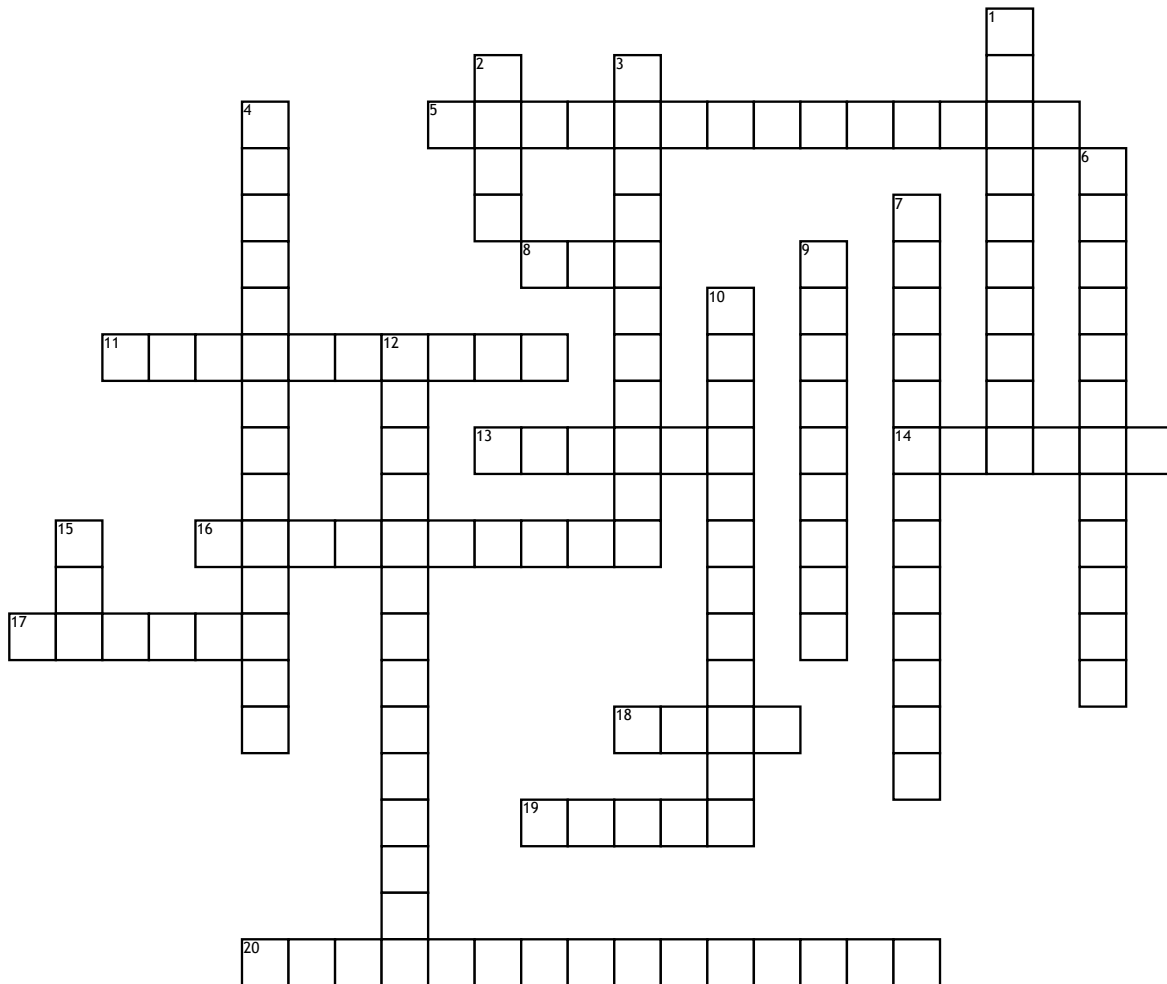


Macro nutrients and water



Across

- 5. _____ provides vitamins and minerals
- 8. Loser cholesterol
- 11. Proteins to...
- 13. Starchy vegetable
- 14. When you don't eat you'll be
- 16. Carb that turns into sugar sot of fast
- 17. Your body creates _____ amino acids

- 18. 9cals/g
- 19. Another world for H2O
- 20. Teens need _____ grams of sugar

Down

- 1. Fruit mostly made of water
- 2. You need to eat _____ amino acids
- 3. Carbs that are digested slowly

- 4. _____ provides fats, carbs and protein
- 6. Not eating for a long time can lead to you being
- 7. 4cals/g
- 9. Really bad fats
- 10. Soluble fibre...
- 12. Animal souse of protein
- 15. Good cholesterol