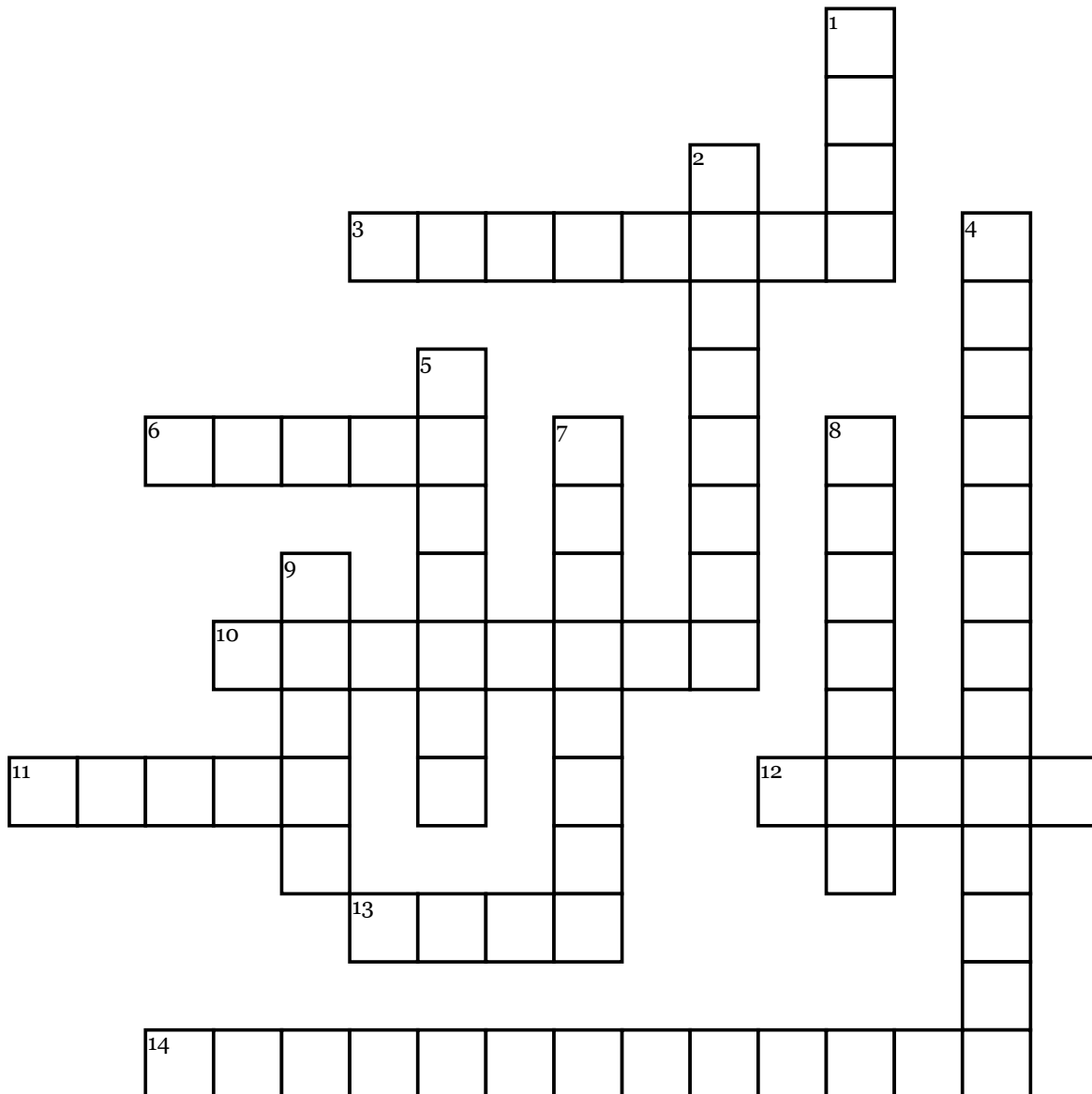


Nutrients



Across

3. Without this nutrient you can get very ill.

6. 80% of your body is made out of this nutrient.

10. Your body needs this nutrient to grow and stay healthy.

11. Without this nutrient your blood will thicken.

12. Bread has lots of this nutrient in it.

13. Too much of this nutrient can cause heart diseases.

14. This nutrient is a good source of energy.

Down

1. There are two types of this nutrient, good and bad.

2. Iron is a type of this nutrient.

4. Bread, pasta and potatoes are a type of this nutrient.

5. Red meat is a type of this nutrient.

7. A, B, C and D are all types of this nutrient.

8. The main nutrient in eggs

9. This nutrient helps prevent serious diseases.