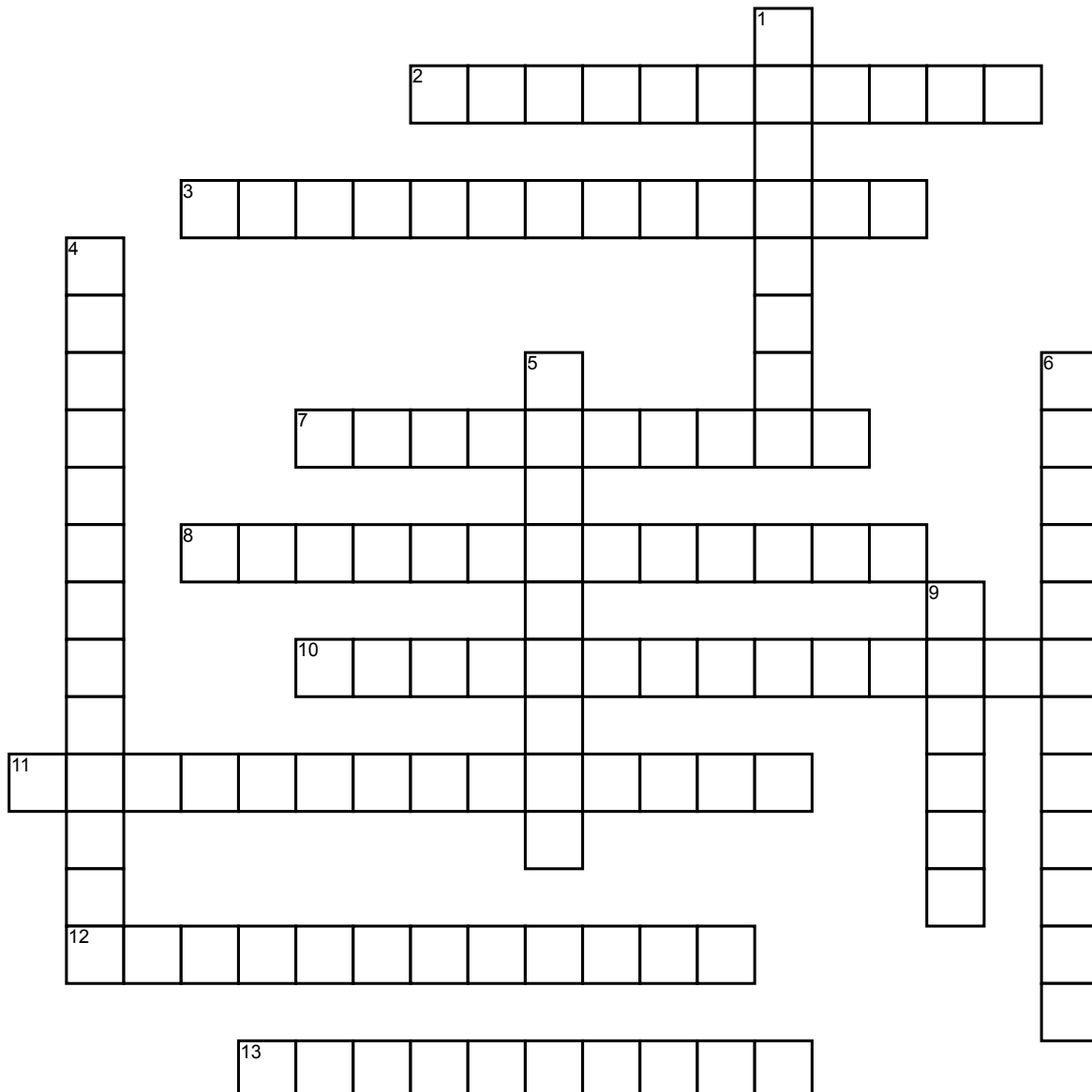


# Nutrition 1



## **Across**

2. Function of vitamin E  
 3. Fats that are usually a solid at room temperature  
 7. Building blocks of proteins  
 8. The addition of specific micro-nutrients to food  
 10. proteins with a high biological value are found in ...

11. Nutrients that the body need in large quantities

12. The type of fibre that can reduce blood cholesterol

13. Vitamins A, D, E and K are ... vitamins

## **Down**

1. Lack of this vitamin causes Rickets

4. Sugars, starch and cellulose are sources of....

5. A deficiency of this vitamin can cause incomplete development of brain and spinal column in a foetus

6. Vitamins B and C are .... vitamins

9. A lack of Vitamin C causes ...