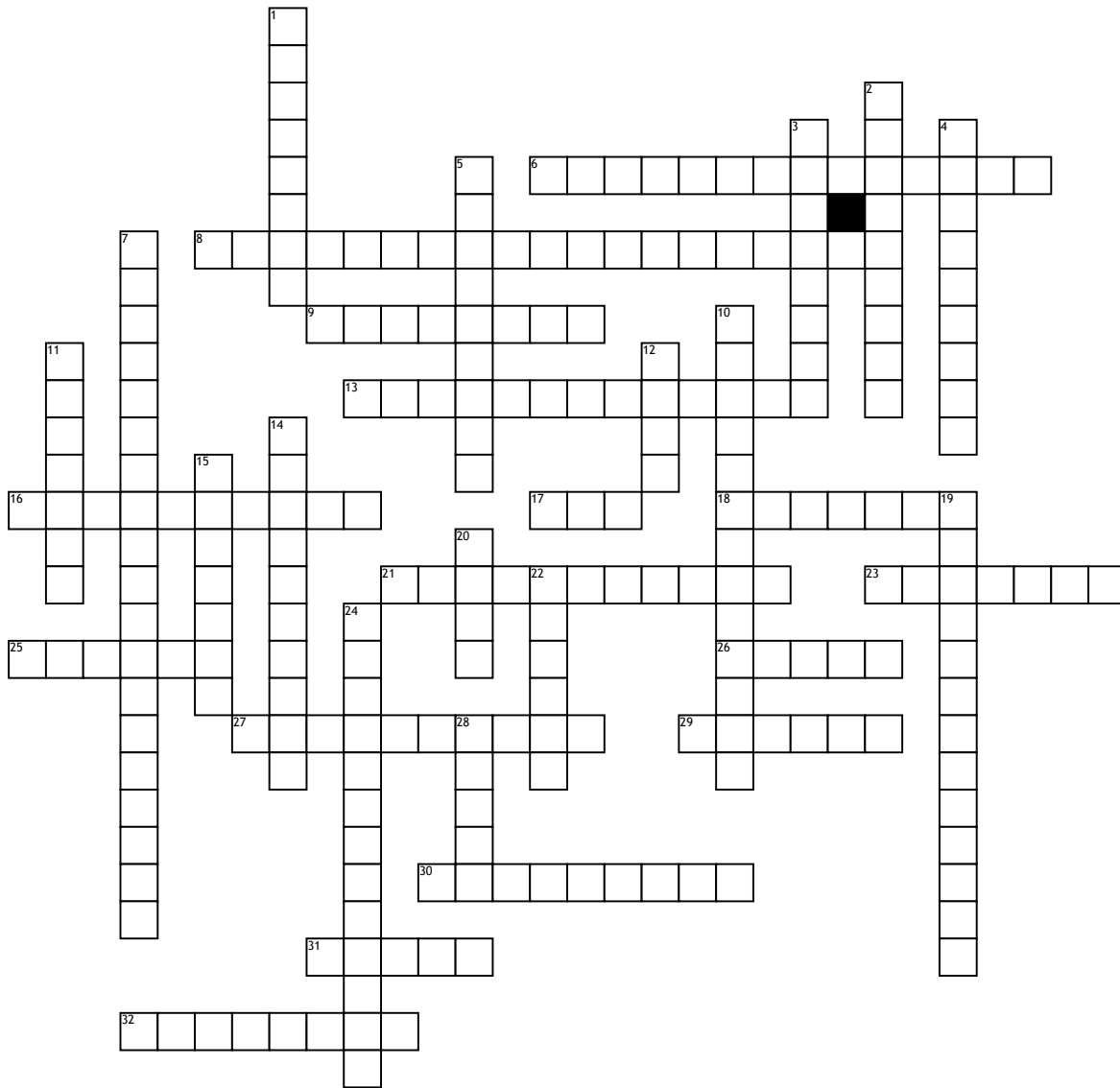


Nutrition



Across

6. Includes B1 B2 and B3, They Are Essential In The Process Of Metabolising Or Converting Macronutrients
8. Found In Olive Oil, Avocado and Canola oil, they assist in lowering LDL
9. nutrient starting with M
13. energy used in anaerobic exercise come from which nutrient
16. Required For Adequate Health And Wellbeing During Youth, It Plays A Number Of Roles But Its Main Function Is Development Of Red Blood Cells
17. the best types of foods have a _____ GI
18. local muscle endurance is an example of _____ exercise
21. Fat has _____ amount of kilojoules per gram
23. Cardiorespiratory endurance is an example of _____ exercise
25. AKA B9, plays an important role in DNA synthesis and Development Of Red Blood Cells

26. _____ makes us full without extra Kilojoules

27. where does the energy for aerobic exercise come from

29. foods are ranked _____ to _____ on the GI index

30. protein has _____ amount of kilojoules per gram

31. nutrient that is vital for all body systems to function well

32. Carbs are stored as _____ in the body

Down

1. Main Role Is To Absorb Calcium From The Intestine Into The Blood Stream, Often Associated With The Sun

2. Increase LDL, generally found in processed foods, Interfere with cell membranes

3. a nutrient starting with V

4. the metric measure for energy

5. Muscle strength, Power, Agility, Speed and reaction time are all examples of what exercise

7. Has 2 main groups, Omega-3 and Omega-6, Lower LDL and Increase HDL, Can Be Found In Fish and Nuts

10. Increase LDL in the blood stream, often found in food of animal origin such as animal fat

11. The Key Nutrient Needed For The Building Of Bone And Other Hard Tissues

12. Essential Part Of Blood, Forms The Haem Part Of Haemoglobin

14. Aerobic Exercises have a _____ intensity

15. Carbs have _____ kilojoules of energy per 1 gram

19. Nutrient that should make 55-60% of your diet

20. Anaerobic exercises have a _____ intensity

22. _____% of water comes from our food intake

24. _____ include all the sugars and starches we need

28. nutrient that assists in digestion of food