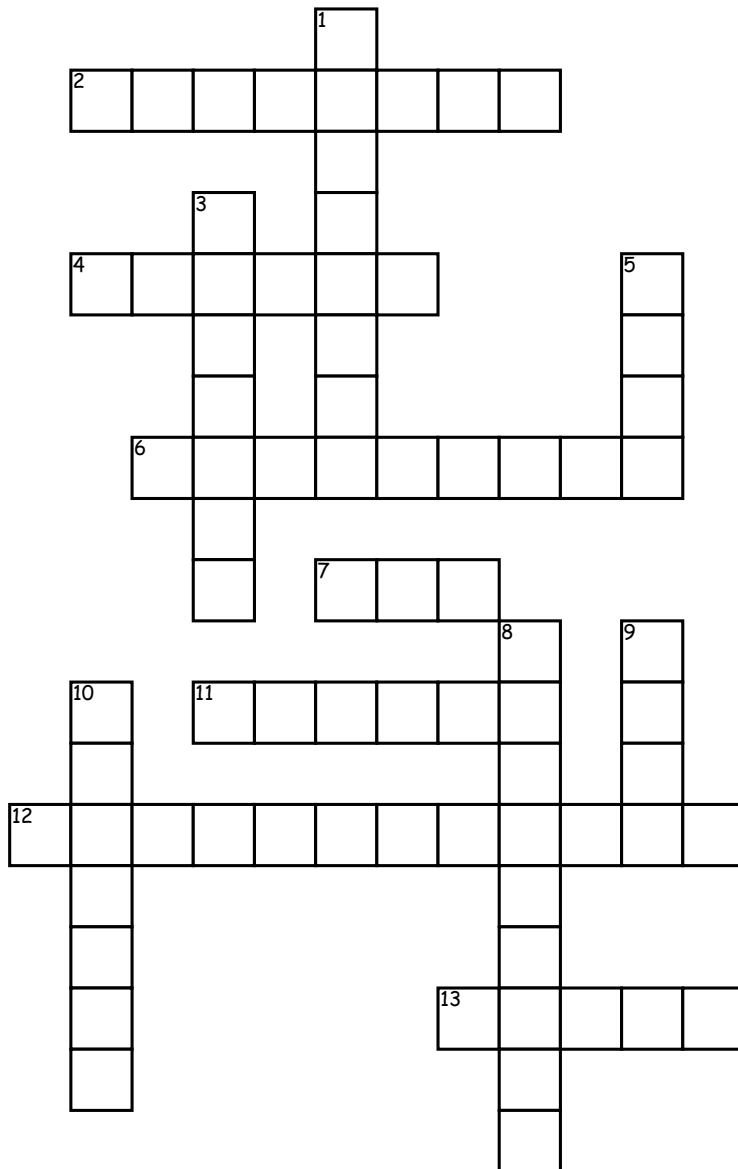


# Nutrition



## Across

2. a mineral that helps to prevent tooth decay

4. defined as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

6. the process of our bodies breaking down food into tiny pieces the nutrients can be absorbed

7. classified as either saturated or unsaturated

11. something released when food is burned for fuel within the body

12. our bodies preferred source of energy

13. something found in grain foods, fruits, vegetables, legumes and beans

## Down

1. a naturally occurring sugar found in fruit and honey

3. it is an essential mineral needed for building strong bones and teeth

5. an important dietary mineral that is involved in various bodily functions

8. by drinking the amount of water our body needs daily we achieve this

9. the pattern of foods eaten

10. occurs when there are too few red blood cells or not enough haemoglobin in the blood