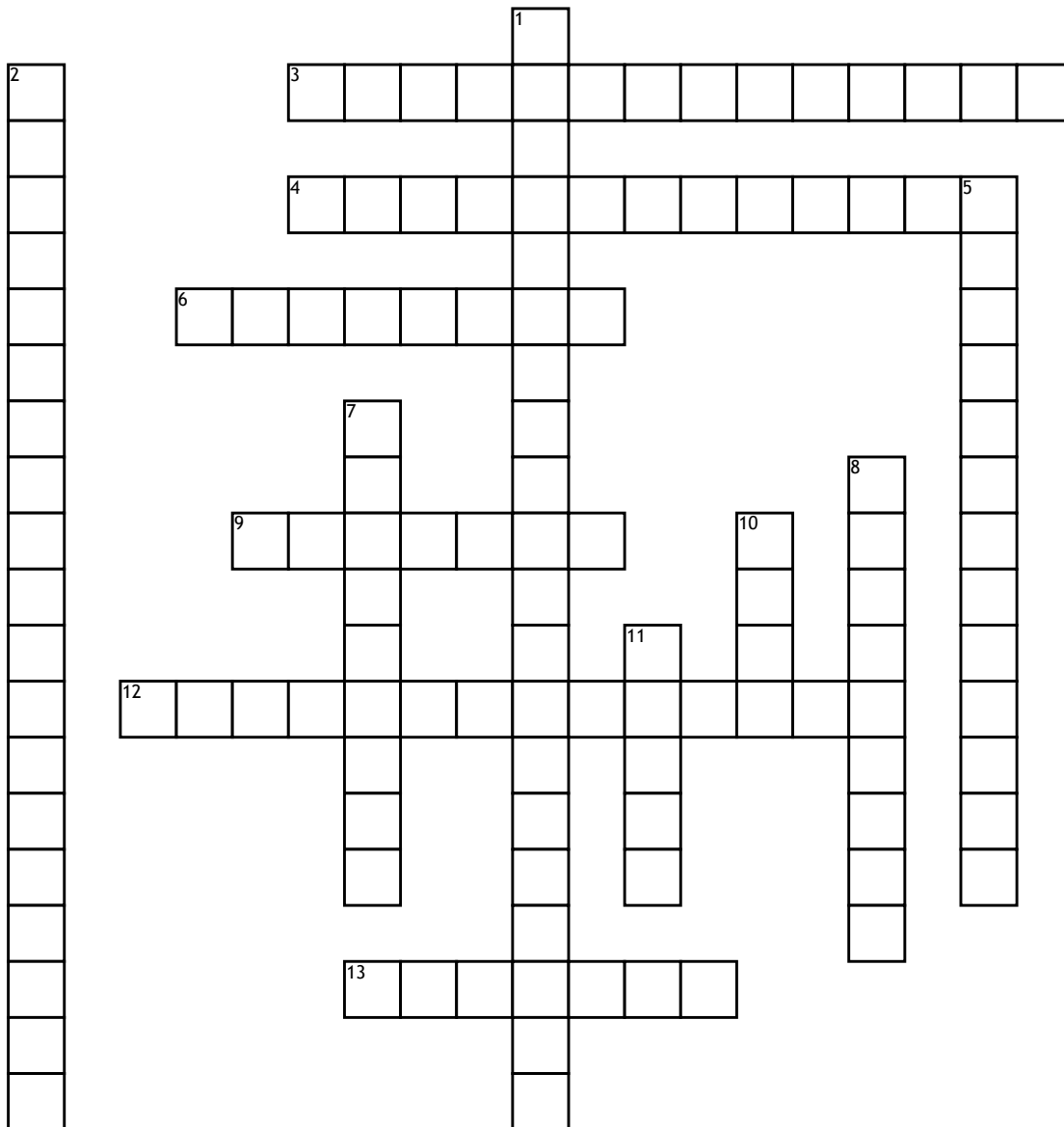


Nutrition



Across

3. Nutrients that are required in small amounts in the diet - vitamins and minerals.

4. This is the body's preferred fuel source for energy, particularly glucose.

6. A substance that provides nourishment to the body, enabling it to live and grow.

9. The mineral that is essential for the development of strong bones and teeth.

12. Nutrients that are required in large amounts in the diet, e.g. carbohydrates, protein, fat.

13. Are used by the body to build, maintain and repair cells and tissues within the body.

Down

1. Fats found in foods such as avocados, nuts and oils

2. Can be broken down into two categories. Omega-3 and omega-6. Omega-3 foods include fish (such as salmon and tuna), walnuts, flax seeds, chia seed, spinach and canola oil.

5. Generally found in foods of animal origin, such as fatty cuts of meat, full cream milk and associated products such as cheese, ice cream, chocolate, fried food, biscuits and pastries.

7. The unit used to measure energy expenditure or intake.

8. Commonly found in processed foods as this type is typically created artificially in a process called hydrogenation.

10. A mineral that contributes to the body's ability to transport oxygen to cells and tissues of the body.

11. A form of carbohydrate that is found in foods of plant-based origin.