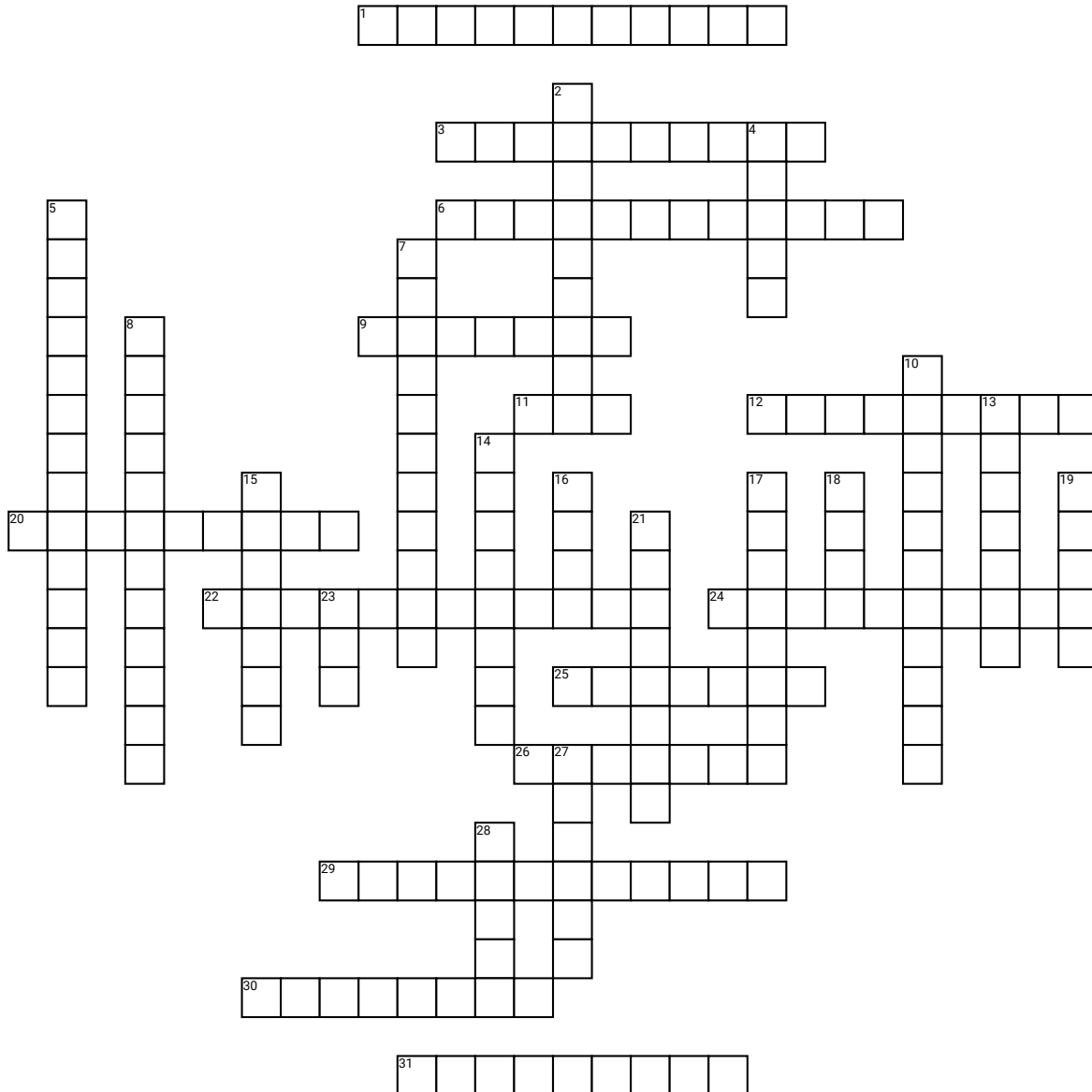


# Nutrition



**Across**

- 1. plaque that builds up in the arteries but is also essential to the body
- 3. lecithin, found in the yolk of an egg is an example of an \_\_\_\_\_
- 6. Calcium rich food will prevent and assist in management of this disorder.
- 9. advantage of genetically modified foods or other items (medication)
- 11. flavour enhancer
- 12. cause of high cholesterol is trans fats and \_\_\_\_\_ fats.
- 20. Good HDL cholesterol source
- 22. anaemia is a lack of iron which means a low \_\_\_\_\_ count?
- 24. additive that makes a yellow/orange colour
- 25. Body cant produce this substance if you suffer from type 1 diabetes.

- 26. a symptom of diabetes
  - 29. prevents oxidation and if consumed, improves health
  - 31. hinders the absorption of nutrients common in people suffering from HIV
- Down**
- 2. must be on a food label
  - 4. can be caused by consuming contaminated water
  - 5. low blood sugar
  - 7. biggest medical concern with gastro enteritis and e.coli infection
  - 8. heart and blood vessels are being overworked, blood pumps at a higher pressure than usual.
  - 10. A technique used in food production. It can be used to kill bacteria that cause food poisoning

- 13. this root has natural antibiotic properties
- 14. hepatitis A can cause \_\_\_\_\_, yellowing of the skin and eyes.
- 15. natural preservative in pickling
- 16. word that shouldn't appear on a label, unless approved by the health department
- 17. can be a stabilizer and a thickener
- 18. SA dietary guidelines says the following should be used sparingly
- 19. a common reaction to additives
- 21. symptom of anaemia
- 23. LDL cholesterol
- 27. what we call chest pains experienced in coronary heart disease
- 28. more likely to be anaemic