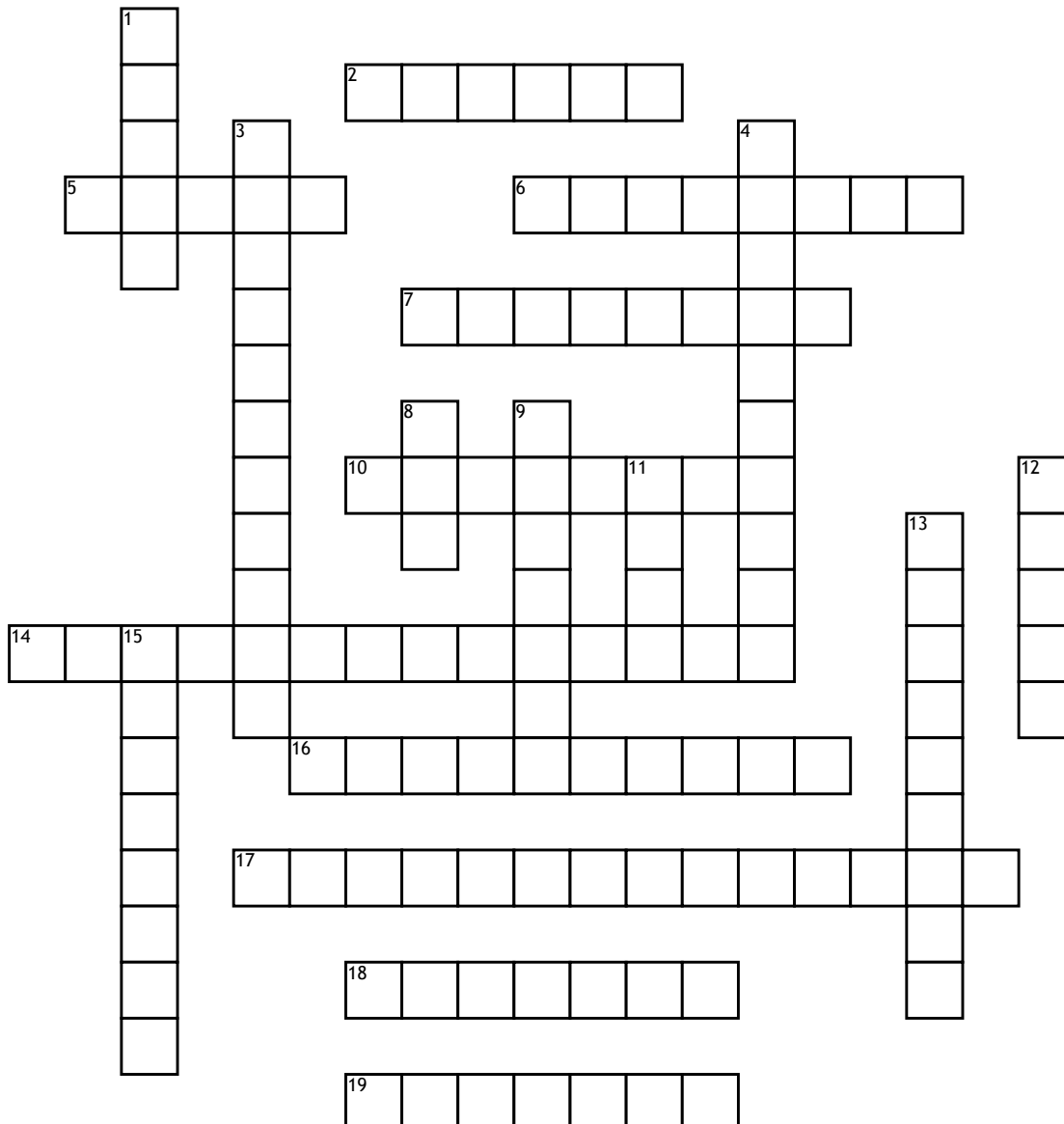


# Nutrition



## Across

2. A type of carbohydrate that is usually sweet e.g. Sugar.  
 5. A clear liquid that helps to keep us hydrated.  
 6. A nutrient that is necessary for growth, healthy skin and eyes.  
 7. A nutrient that helps the body absorb calcium.  
 10. A nutrient that is found in citrus fruits.  
 14. A type of food required in very small amounts in the human diet.

16. Proteins from plant products.

17. A type of food required in large amounts in the human diet.

18. A type of carbohydrate that takes longer to digest e.g. Pasta.

19. A nutrient that allows the body to grow and repair of tissue.

## Down

1. A person who eats no animal products at all.  
 3. Lack of water in the body.

4. The chemical building blocks of proteins.

8. There are \_\_\_\_\_ nutrients

9. Important for strong bones and teeth.

11. Women need this mineral the most. It is found in red meat.

12. Strawberries, Kiwi fruit and mangoes are examples of the food.

13. A type of fat that is from animals.

15. Protein from animal products.