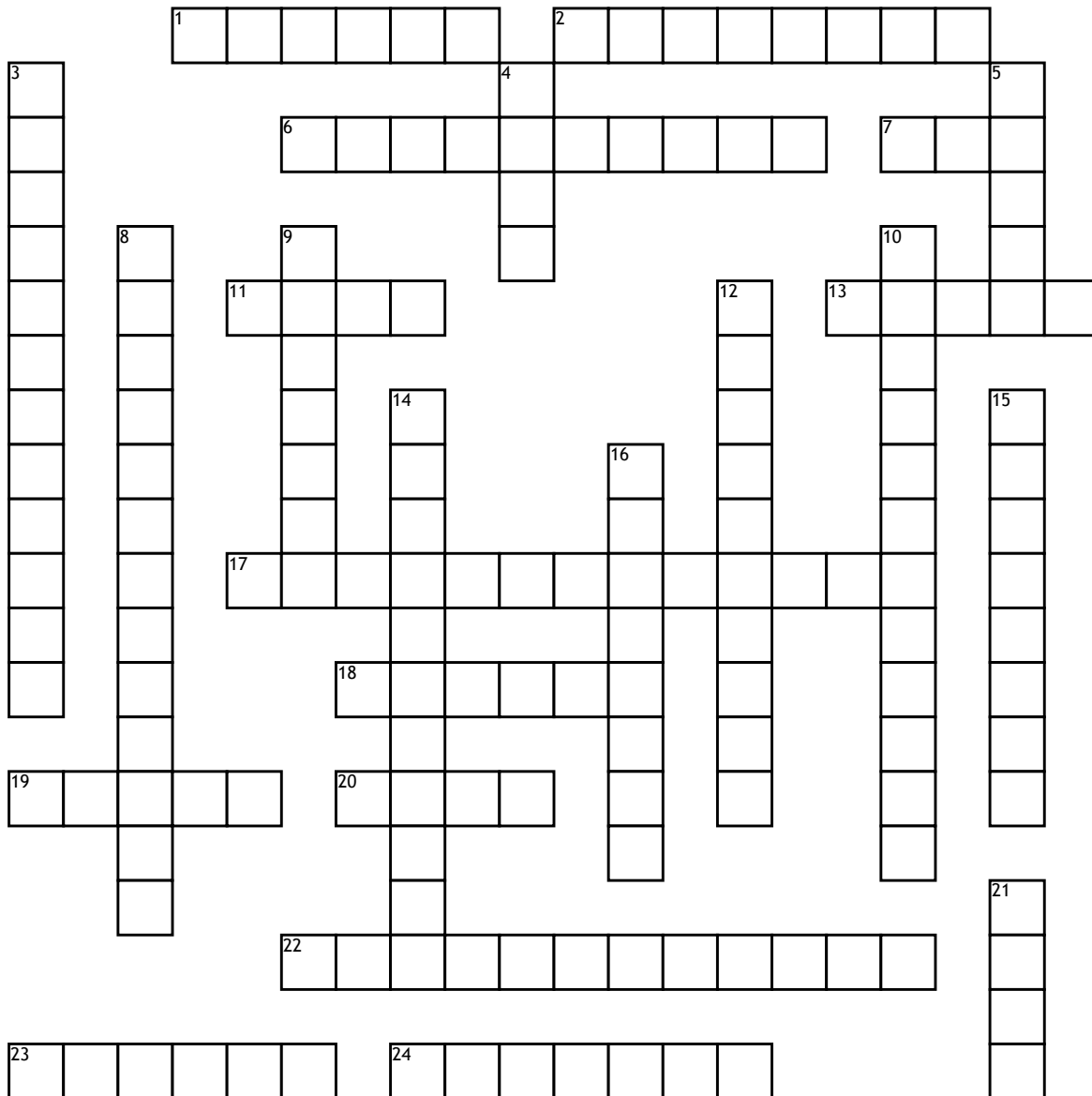


# Nutrition and Health



## Across

1. needed for healthy new cells and red blood cells
2. a condition which will affect an individuals diet
6. a microbiological food hazard transmitted by undercooked eggs, poultry, dairy products and seafood
7. body mass index
11. provides a slow energy release
13. symptom of an allergy
17. possible cause of eating disorder
18. a life style disease associated with an unhealthy diet
19. maintains fluid levels

20. mineral found in read meat, green leafy vegetables and fortified cereals
22. problem associated with fibre deficiency
23. A factor that influences the number of nutrients a person needs
24. a deficiency in this mineral could cause osteoporosis

## Down

3. to be suffering from a lack of proper nutrition caused by not having enough to eat
4. barrier to healthy eating
5. fills you up and aids digestion
8. provides a quick energy release

9. a childs eating pattern is influenced by
10. how we measure the energy we gain from food
12. an additive that helps mix ingredients together that would normally seperate
14. someone who eats fish but not meat
15. one of the seven essential nutrients
16. builds and repairs muscle
21. the Food Standards Agency recommends we should eat at least how many portions of fruit and vegetable daily