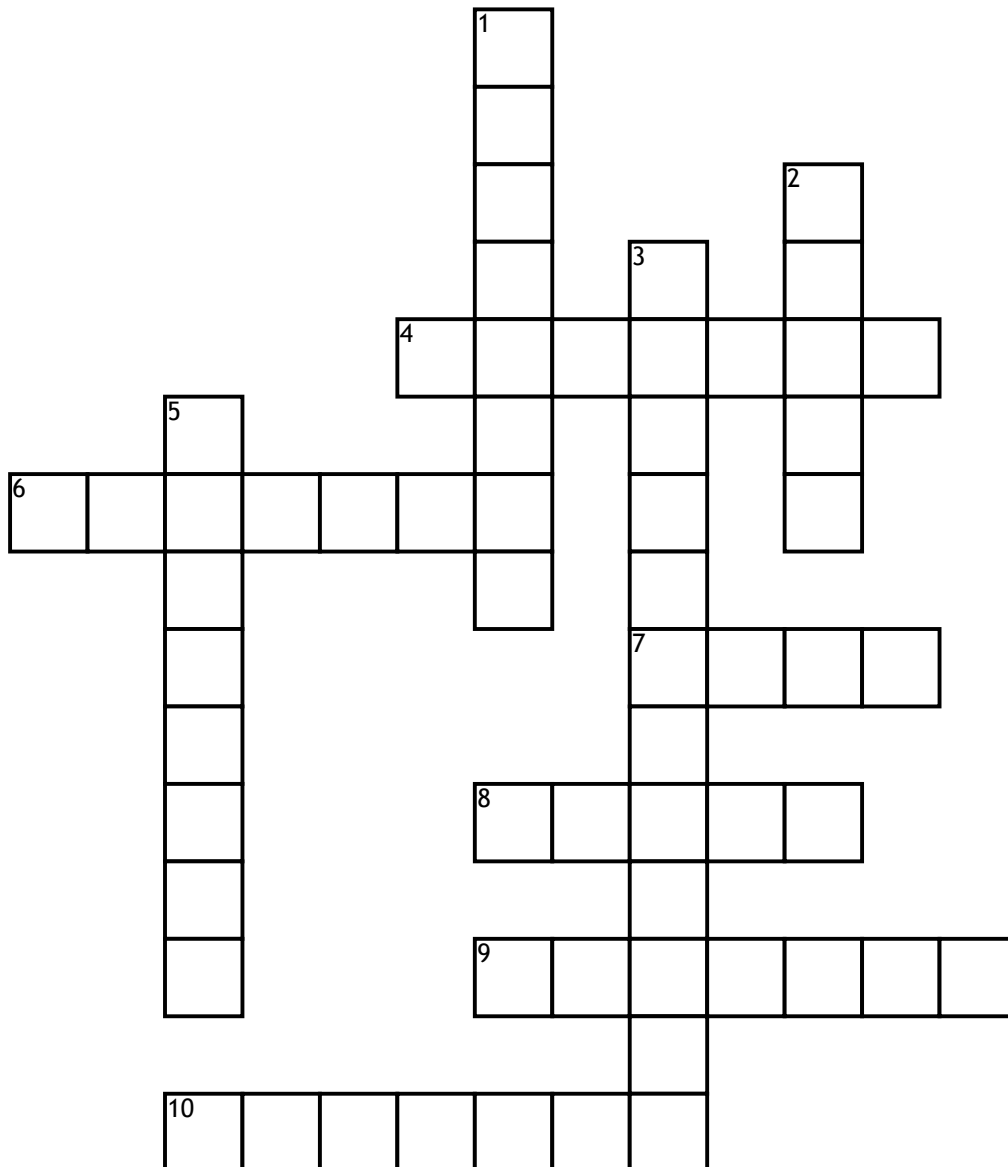


Name: _____

Date: _____

Nutrition



Across

4. A group of organic compounds which are essential for normal growth and required in small quantities from a diet.
6. An essential part of all living organisms.
7. Any plant with leaves, seeds or flowers used for flavouring food.
8. A large long handle spoon with a cup shaped bowl.
9. An implement with a broad flat blade used for mixing and spreading things.

10. Used to measure the energy value of foods

Down

1. A substance that provides nourishment essential for the maintenance of life and for growth.
2. An aromatic or pungent vegetable substance used to flavour food
3. Any large group of organic compounds includes sugars, starch and cellulose.
5. A perforated bowl used to strain off liquid