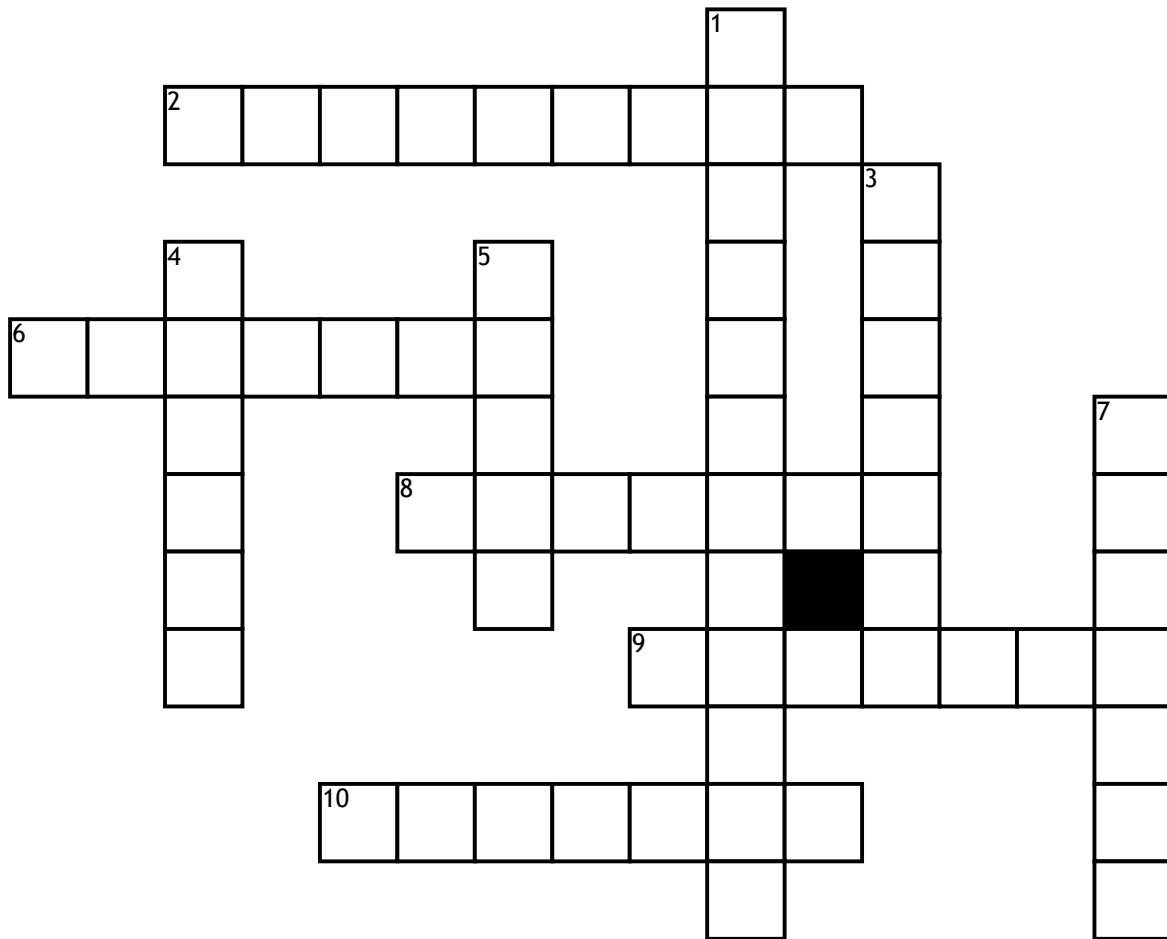


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrition revision



## Across

- 2. Don't skip \_\_\_\_\_ is one of the 8 tips for healthy eating
- 6. A D E & K are fat \_\_\_\_\_ vitamins
- 8. The sugar in milk that some people have intolerance to
- 9. An intolerance to gluten is called \_\_\_\_\_ disease
- 10. Growing foods without chemicals

## Down

- 1. A disease of the bones often affecting people over the age of 50
- 3. The name of the guide published to help people choose a balanced diet
- 4. The protein found in flour
- 5. A person who doesn't eat any animal products
- 7. A mineral often added to flour