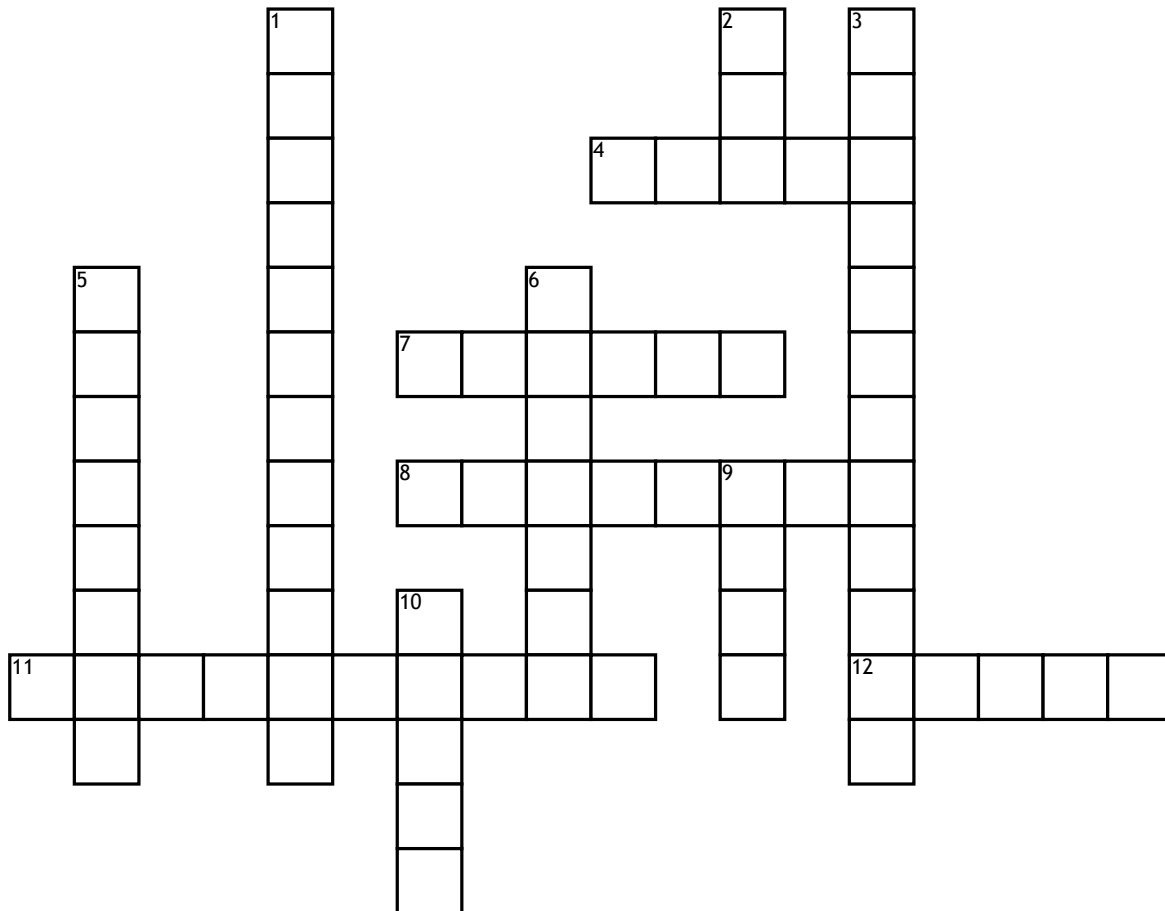


# S1 Nutrients



## Across

4. We need to drink plenty of this to help move food through the body

7. This food is high in Vitamin A

8. This vitamin works with Calcium

11. Vitamins A,C and E help to fight \_\_\_\_\_

12. Calcium helps to give us strong bones and \_\_\_\_\_

## Down

1. We need some sodium in our diet to help with this

2. The nutrient that gives us energy, warmth and cushions our bones

3. There are two types of this nutrient; starchy and sugary

5. This vitamin helps to release energy from carbohydrate foods

6. Children need this nutrient to help them grow

9. Girls need more of this nutrient than boys

10. We need this nutrient to help prevent constipation