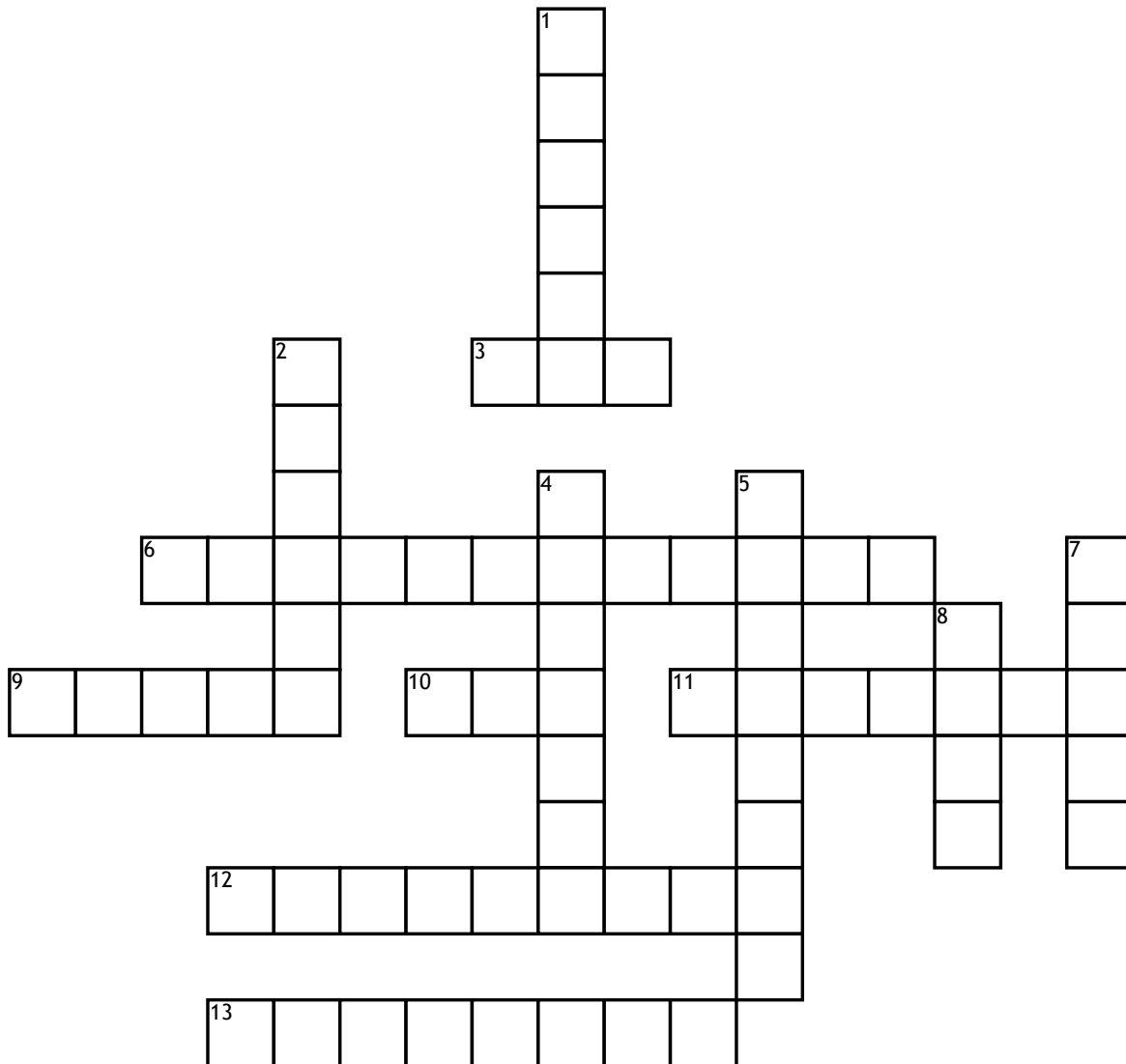


Nutrition and Hydration Crossword



Across

3. Not drinking enough can increase the likelihood of this infection
6. Not enough fluid can lead to an unpleasant blockage
9. It wobbles but can be helpful to increase hydration
10. General consensus of how many litres per day a healthy adult should drink

11. An oily fish that has a high vitamin D content
12. You may not understand this sign of dehydration!
13. Smokers need an extra amount of this vitamin than non smokers

Down

1. older people can worry that they need to visit here more if they drink well

2. A drink that may be added to a christmas pudding
4. A well known Christmas food high in vitamin C
5. This sunshine vitamin can be lower in residents in care homes
7. This can be added to soups to increase the calories
8. A good source of vitamin D and Calcium