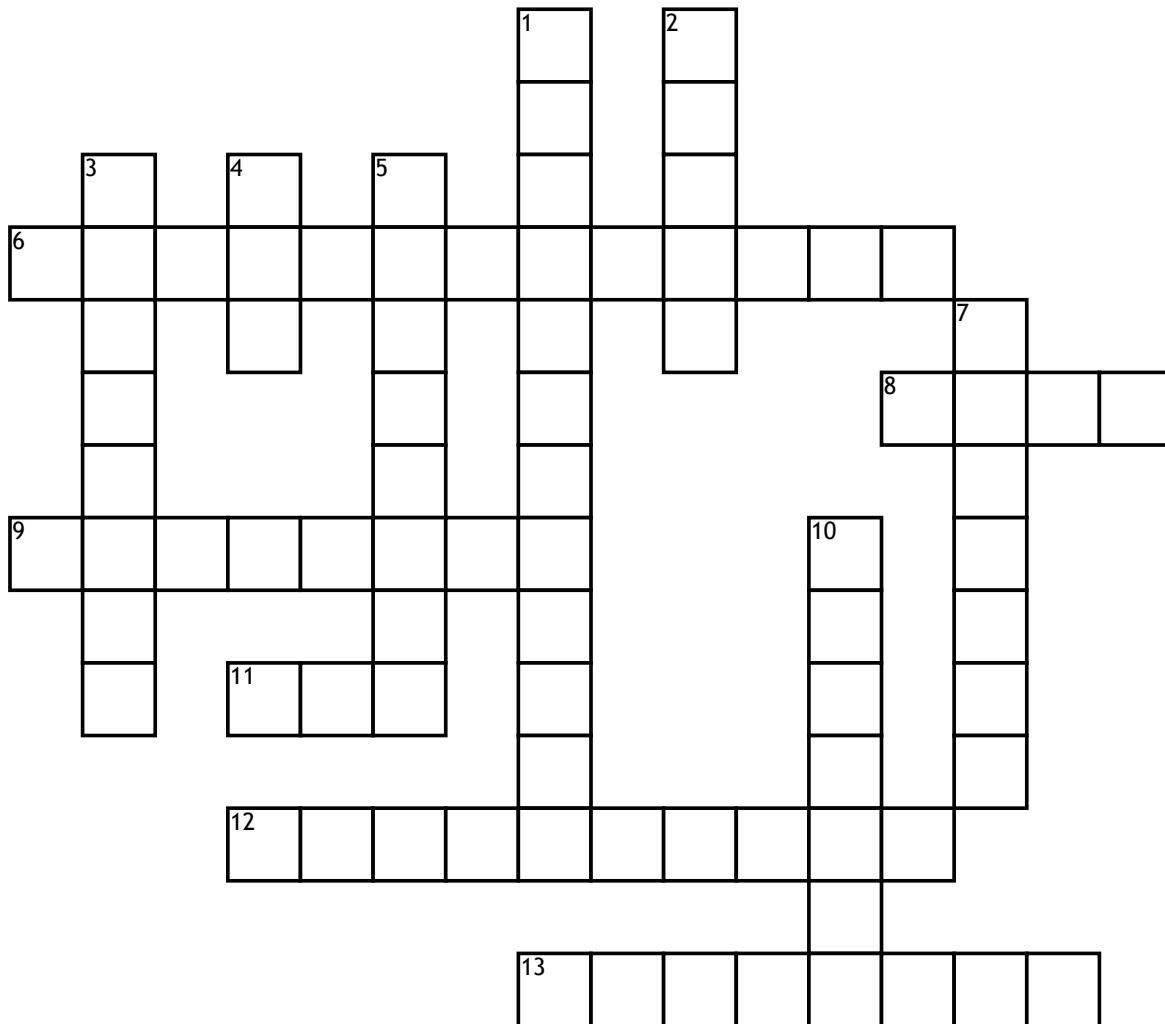


# nutrition starter



## Across

6. You will need me to help release energy from your foods.

8. you will need extra of me if you are anaemic

9. I am known as the sunshine vitamin

11. This type of meat is rich in iron

12. This type of cereal is a very good source of dietary fibre

13. I am a vitamin which will help you to fight infections

## Down

1. I will give you lots of energy

2. you will not find me in animal foods

3. It is often said that this vitamin will help you see in the dark.

4. I am a macronutrient and I will help you to keep warm

5. I can help to prevent rickets

7. My main job is to help you to grow

10. I am the mineral needed for strong bones and teeth