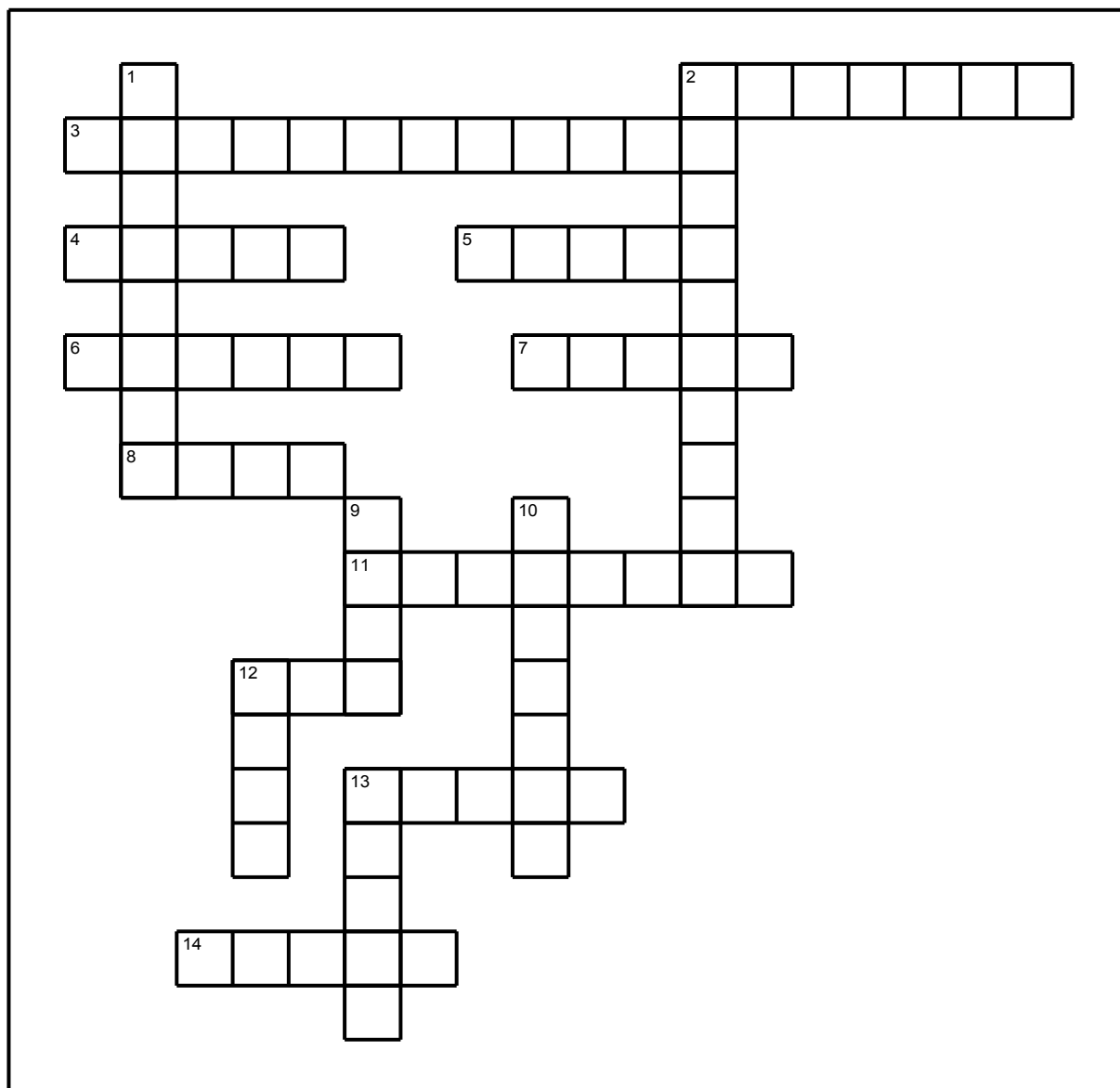


Food



Across

2. examples are: ___A,B,C,D & E
3. includes sugar, potatoes and rice
4. over 70% of your body is this
5. more than overweight
6. a disease you get if you do not eat enough Vitamin C
7. tastes sweet and gives energy
8. what you eat
11. doing this takes energy
12. gives lots of energy but if you eat too much, you will be ___!
13. you should eat 5 a day
14. food which comes from milk

Down

1. a ___ diet has the right foods in the right amounts
2. potatoes, peas, beans
9. a good source of protein
10. this sort of food helps build up the body
12. a good source of protein - usually caught in the sea
13. this helps food pass through the body easily

Food

I	E	G	T	V	D	P	R	O	T	E	I	N	J	K
Z	N	J	S	G	A	Y	X	F	I	D	Z	A	F	Z
R	E	X	E	R	C	I	S	E	A	Q	A	O	I	Y
I	U	H	I	I	R	M	E	A	T	T	J	I	B	E
M	X	S	U	G	A	R	C	Y	F	I	S	H	R	S
I	D	V	E	G	E	T	A	B	L	E	S	B	E	Y
K	B	N	M	K	D	S	H	W	K	S	Z	A	C	W
I	N	D	Z	P	B	L	T	S	P	C	W	L	X	Y
C	A	R	B	O	H	Y	D	R	A	T	E	A	E	M
N	V	F	G	S	L	Y	S	I	X	W	W	N	O	E
T	Q	A	R	N	C	V	W	C	E	N	C	C	B	M
H	T	W	Q	U	J	K	A	Y	U	T	V	E	E	N
V	I	T	A	M	I	N	T	D	T	R	L	D	S	U
L	G	M	U	T	A	T	E	J	I	W	V	W	E	O
X	T	O	J	Y	M	J	R	N	N	Z	E	Y	H	N

protein

carbohydrate

fibre

balanced

diet

water

fat

scurvy

sugar

obese

meat

dairy

fish

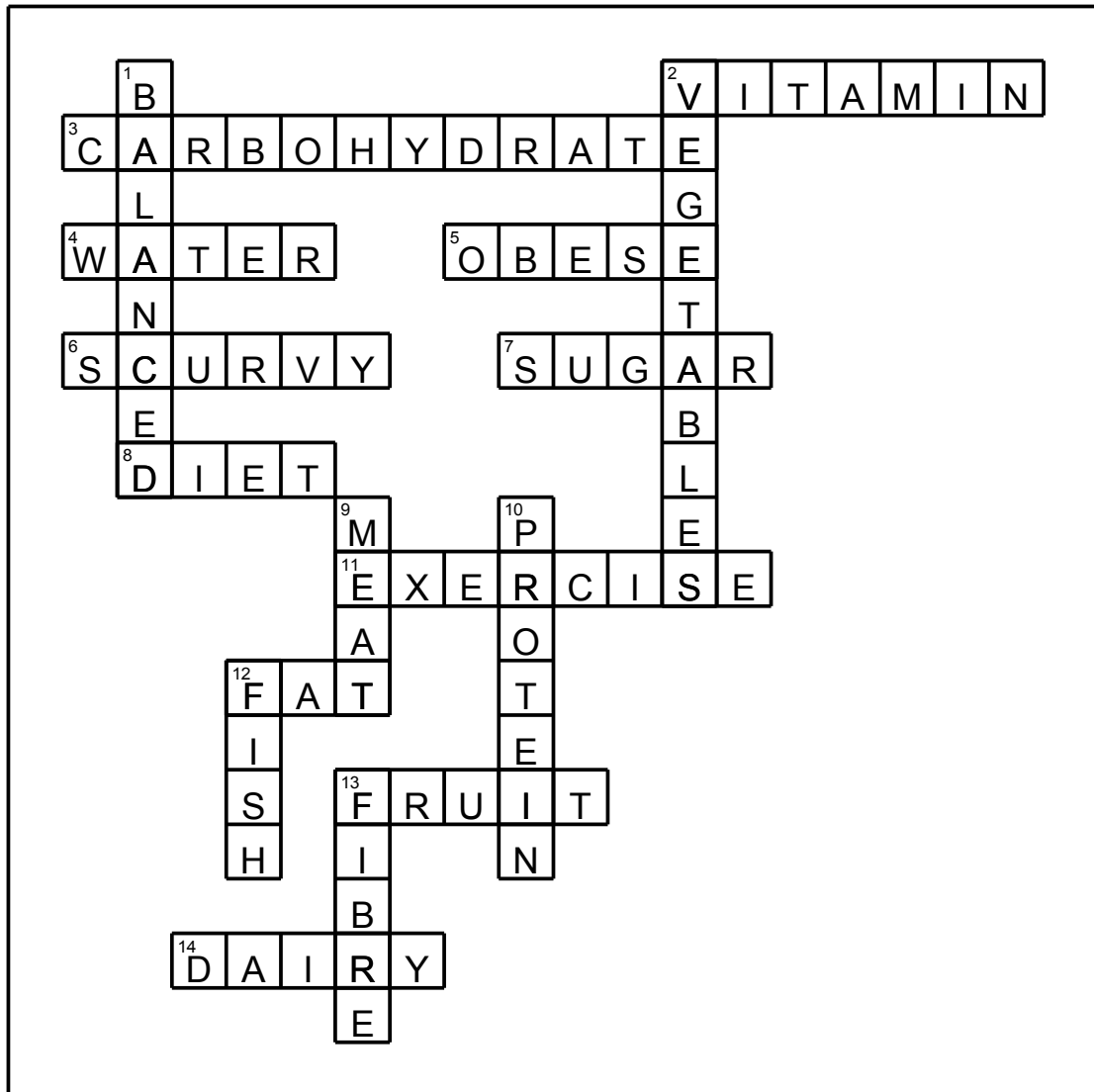
vitamin

exercise

fruit

vegetables

Food



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Food

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Z	N	J	S	G	A	Y	X	F	I	D	Z	A	F	Z
R	E	X	E	R	C	I	S	E	A	Q	A	O	I	Y
I	U	H	I	I	R	M	E	A	T	T	J	I	B	E
M	X	S	U	G	A	R	C	Y	F	I	S	H	R	S
I	D	V	E	G	E	T	A	B	L	E	S	B	E	Y
K	B	N	M	K	D	S	H	W	K	S	Z	A	C	W
I	N	D	Z	P	B	L	T	S	P	C	W	L	X	Y
C	A	R	B	O	H	Y	D	R	A	T	E	A	E	M
N	V	F	G	S	L	Y	S	I	X	W	W	N	O	E
T	Q	A	R	N	C	V	W	C	E	N	C	C	B	M
H	T	W	Q	U	J	K	A	Y	U	T	V	E	E	N
V	I	T	A	M	I	N	T	D	T	R	L	D	S	U
L	G	M	U	T	A	T	E	J	I	W	V	W	E	O
X	T	O	J	Y	M	J	R	N	N	Z	E	Y	H	N

- | | | | |
|------------|--------------|----------|----------|
| protein | carbohydrate | fibre | balanced |
| diet | water | fat | scurvy |
| sugar | obese | meat | dairy |
| fish | vitamin | exercise | fruit |
| vegetables | | | |