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

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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diet water fat scurvy
sugar obese meat dairy
fish vitamin exercise fruit
vegetables

Photocopy back to back with crossword