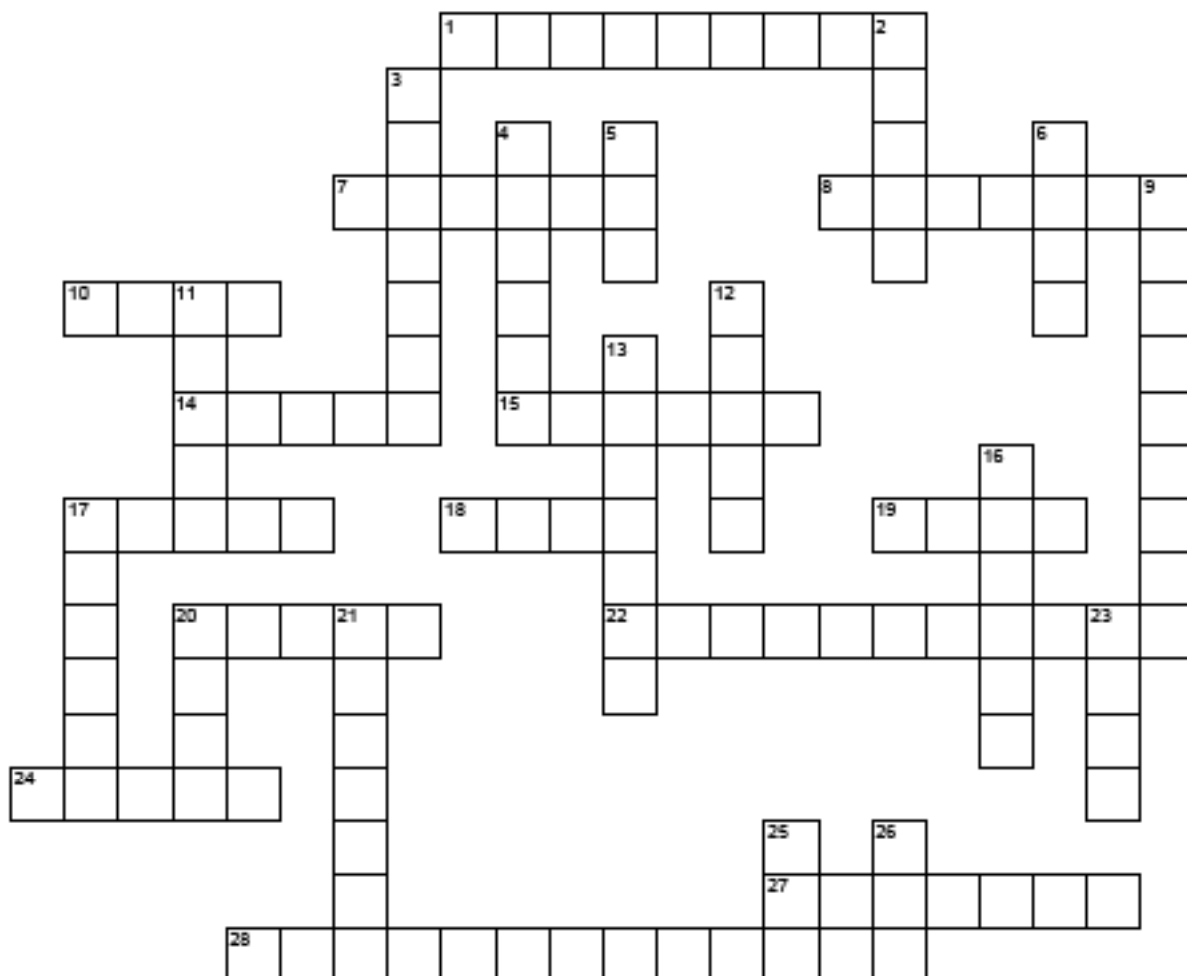




Crossword 1



Clues Across

1. Flour with high fibre. W
7. Name for salt in food. S
8. Vegetable source of protein. L
10. Meat alternative. T
14. Meaty source of salt. B
15. Type of carbohydrate. S
17. Food source of carbohydrate. B
18. Mineral needed for growth and repair. Z
19. Needed for red blood cells. I
20. Type of carbohydrate. S
22. Name of group of fats. U
24. Fortified with calcium. B
27. Iron deficiency. A
28. Vitamin C is an A.....

Down

2. Meaty source of folate. L
3. Needed for growth and repair. P
4. Group of fruits very high in Vitamin C. C
5. Name for table sugars and jam. N
6. Liquid source of calcium. M
9. Name of group of fats. S
11. Essential for a healthy digestive system. F
12. What happens to teeth with too much sugar. D
13. Mineral needed for strong bones. C
16. Essential vitamin for blood cells. F
17. Creamy source of fat. B
20. Beans with high calcium. S
21. Orange fruit with high vitamin A. A
23. Source of zinc. E
25. Provides twice the calories of carbohydrate. F
26. Source of carbohydrate. Y

Tip - use the glossary to answer this crossword