

Nutrition and Diet

Complete the following sentences using the words that you can find in the word search.

Nutrients and waste chemicals are transported in the _____.

Bread, rice and pasta all provide lots of _____.

Water is absorbed in the _____.

_____ are proteins that speed up chemical reactions.

Butter, margarine and oil are all examples of _____.

Roughage or _____ is not absorbed but is essential.

Eating fresh _____ is essential for obtaining some vitamins.

The amount of energy in food is measured in _____.

_____ energy is essential for the growth plants.

Iron is a very important _____.

Lentils, meat and eggs are all good sources of _____.

Enzymes break down food into _____ pieces.

Food has to be made _____ before it can be absorbed.

The _____ squeezes and squelches the food.

A, B, C and D are all examples of _____.

A week without _____ and you are dead!



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