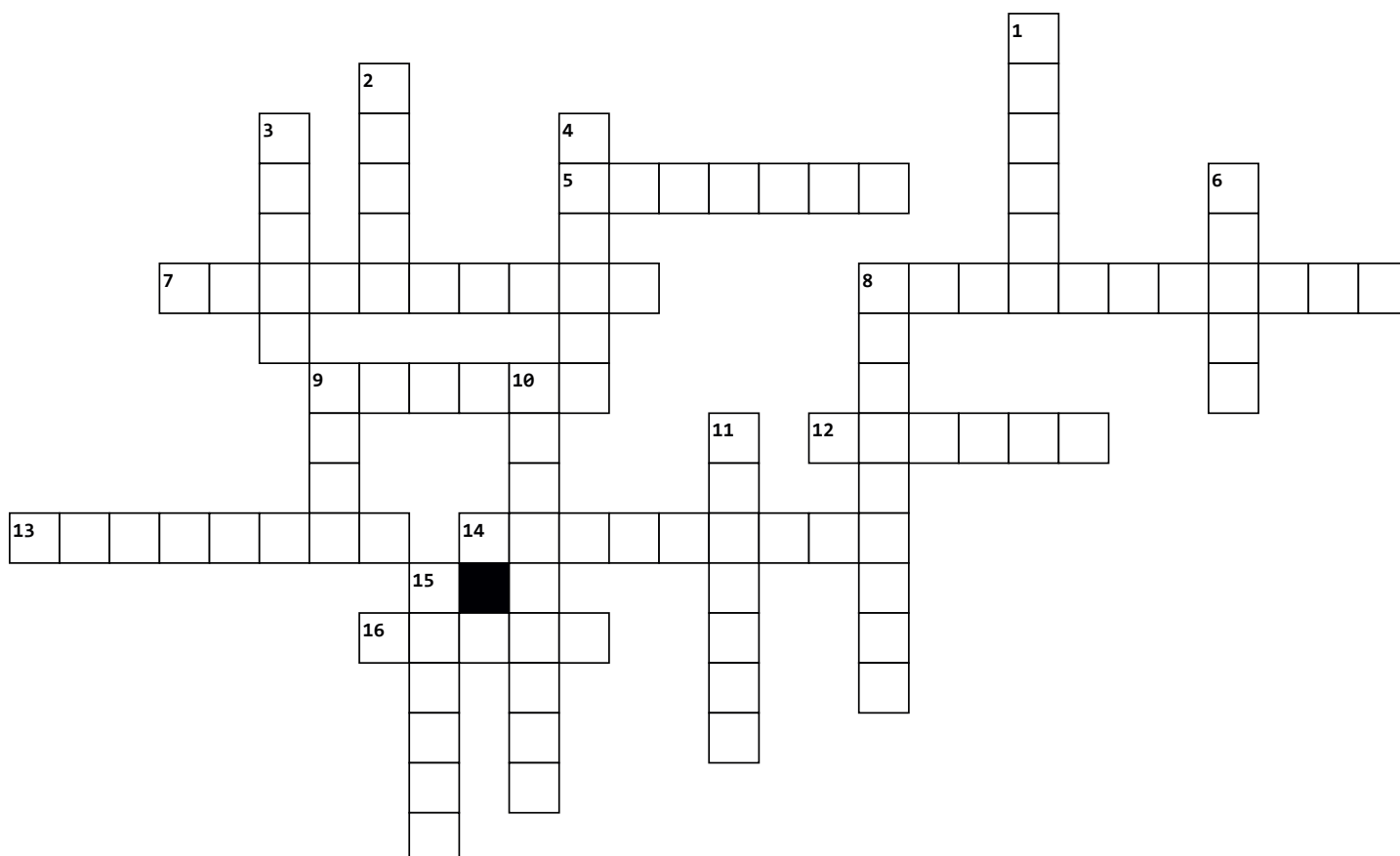


Year 9 Food Tech



Across

- 5.** Builds strong bones and teeth
- 7.** Grain that contains all parts of the seed
- 8.** Lack of water in the body
- 9.** Defends the body against illness
- 12.** Overall physical and mental well-being
- 13.** Essential organic nutrients for body functions
- 14.** The most important meal of the day
- 16.** Calcium keeps them strong

Down

- 1.** Needed to perform daily activities
- 2.** Supports digestion and bowel movement
- 3.** Iron helps it carry oxygen
- 4.** Influencing health but not a nutrient
- 6.** Regulates temperature and transports nutrients
- 8.** The process of breaking down food
- 9.** Mineral that helps carry oxygen in the blood
- 10.** Substances in food that support health
- 11.** Breakfast item studied in class
- 15.** Helps maintain fluid balance