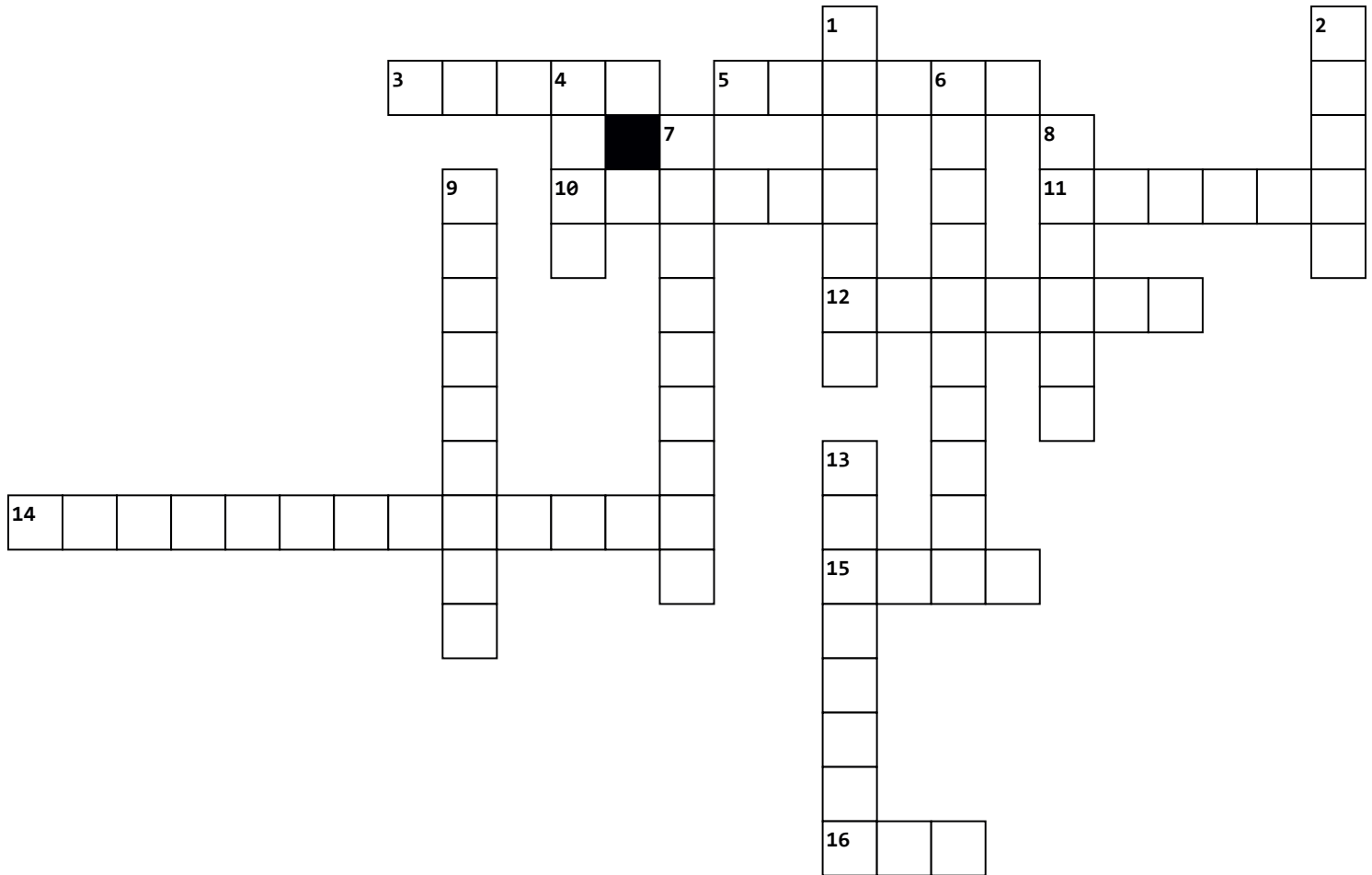


HS 20 Nutrition crossword Max



Across

- 3.** _____ nutrients are essential vitamins and minerals in trace amounts
- 5.** A type of dairy product, often used in sandwiches or as a topping
- 10.** A vegetable known for its colour and leafy green top
- 11.** A sweet, juicy fruit rich in vitamin C.
- 12.** Atomic number 20 on the periodic table of elements
- 14.** Provide fuel for the body
- 15.** A common whole grain seed used in breakfast recipes
- 16.** A plant-based milk alternative

Down

- 1.** Leafy green vegetable, often used in salads
- 2.** A natural alternative to sugar
- 4.** A carbohydrate, often eaten as a side dish or in soups.
- 6.** Provision of micronutrients via a tablet, capsule, or powder
- 7.** The first meal of the day
- 8.** Mineral found in table salt
- 9.** The first thick, yellow milk secreted by the breasts in the first few days after childbirth
- 13.** A group of foods found in meat, fish, and legumes.