

Food, Our Fuel - Puzzle

Across

- 2 Nutrients that our body needs in small amounts
- 3 Energy giving nutrient
- 4 A diet that contains nutrients in right amounts
- 5 A person who plan and design nutritious meals for people according to their needs
- 6 A condition where body does not have enough water to function.
- 8 A condition when stool becomes dry, hard and difficult to pass.
- 10 Body building nutrient

Down

- 1 An important component of food that is also called as roughage.
- 2 Nutrients that our body needs in large amounts
- 7 Strengthen bones and teeth
- 9 The ability of a living thing to prevent infection

