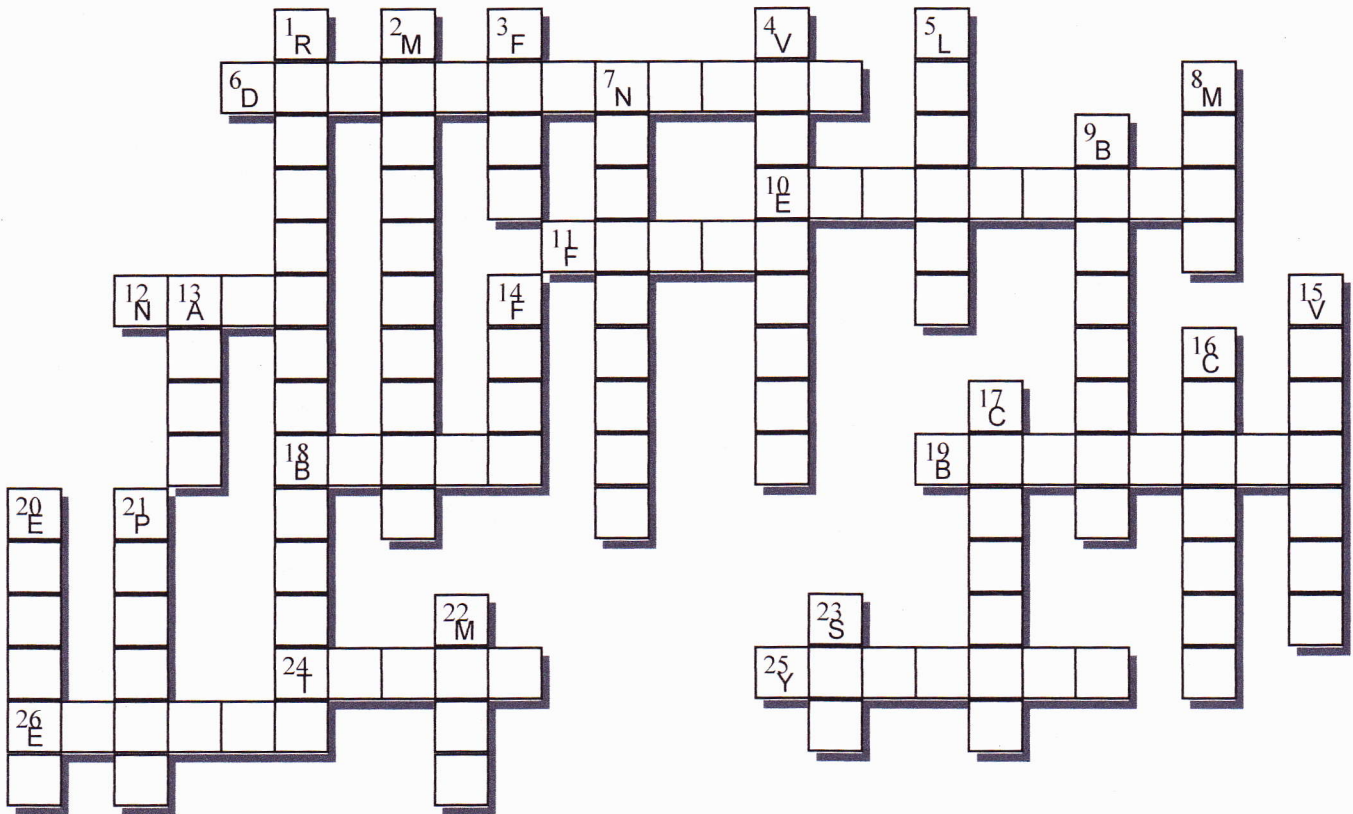


# Revision Sheet 1 Years 6-8 Food Crossword Puzzle

Instructions: Fill in each answer by using the clues below.



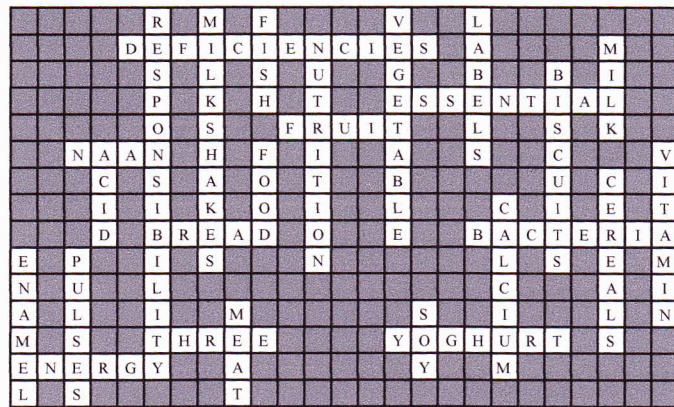
## Across Clues

- 6) a lack of (12)
- 10) Fibre is an \_\_\_\_\_ part of a healthy eating program. (9)
- 11) A major food group which is grown in orchards. (5)
- 12) Indian bread (4)
- 18) This food comes in loaves and rolls. (5)
- 19) plural of bacterium (8)
- 24) How many serves of dairy should you have eat day? (5)
- 25) a semi-solid sourish food prepared by fermenting milk by adding bacteria (7)
- 26) the strength and vitality which we need for mental and physical activity; comes from food (6)

## Down Clues

- 1) Your health is your \_\_\_\_\_ (14)
- 2) a frothy, flavoured milk drink; some may contain too much sugar (10)
- 3) food found in the sea (4)
- 4) One of the major food groups. You should eat five serves a day. (9)
- 5) \_\_\_\_\_ contain nutritional information as well as brand, logo and contents. (6)
- 7) the process of providing or obtaining food for health and growth (9)
- 8) this liquid comes from a cow and contains calcium (4)
- 9) These are treats and should only be eaten occasionally. They were once cooked twice (this is a spelling hint). (8)
- 13) provides the tangy taste to fruits; citric \_\_\_\_ (4)
- 14) an nutritious substance that people or humans eat or plants absorb in order to to maintain life and growth (4)
- 15) \_\_\_\_\_ are essential for normal growth and nutrition (7)
- 16) a major food group (7)
- 17) This salt is essential for strong bones and teeth (shells, too) (7)
- 20) the hard glossy substance that covers the crown of a tooth; sugary drinks cause it to decay (6)
- 21) Another name for legumes. (6)
- 22) the flesh of animals; one of the food groups (4)
- 23) This is a bean you can drink! (3)

# Sheet 1 Years 6-8 Food Crossword Puzzle



**ACROSS:**

6.DEFICIENCIES 10.ESSENTIAL 11.FRUIT  
 12.NAAN 18.BREAD 19.BACTERIA  
 24.THREE 25.YOGHURT 26.ENERGY

**DOWN:**

1.RESPONSIBILITY 2.MILKSHAKES  
 3.FISH 4.VEGETABLE 5.LABELS  
 7.NUTRITION 8.MILK 9.BISCUITS  
 13.ACID 14.FOOD 15.VITAMIN  
 16.CEREALS 17.CALCIUM 20.ENAMEL  
 21.PULSES 22.MEAT 23.SOY