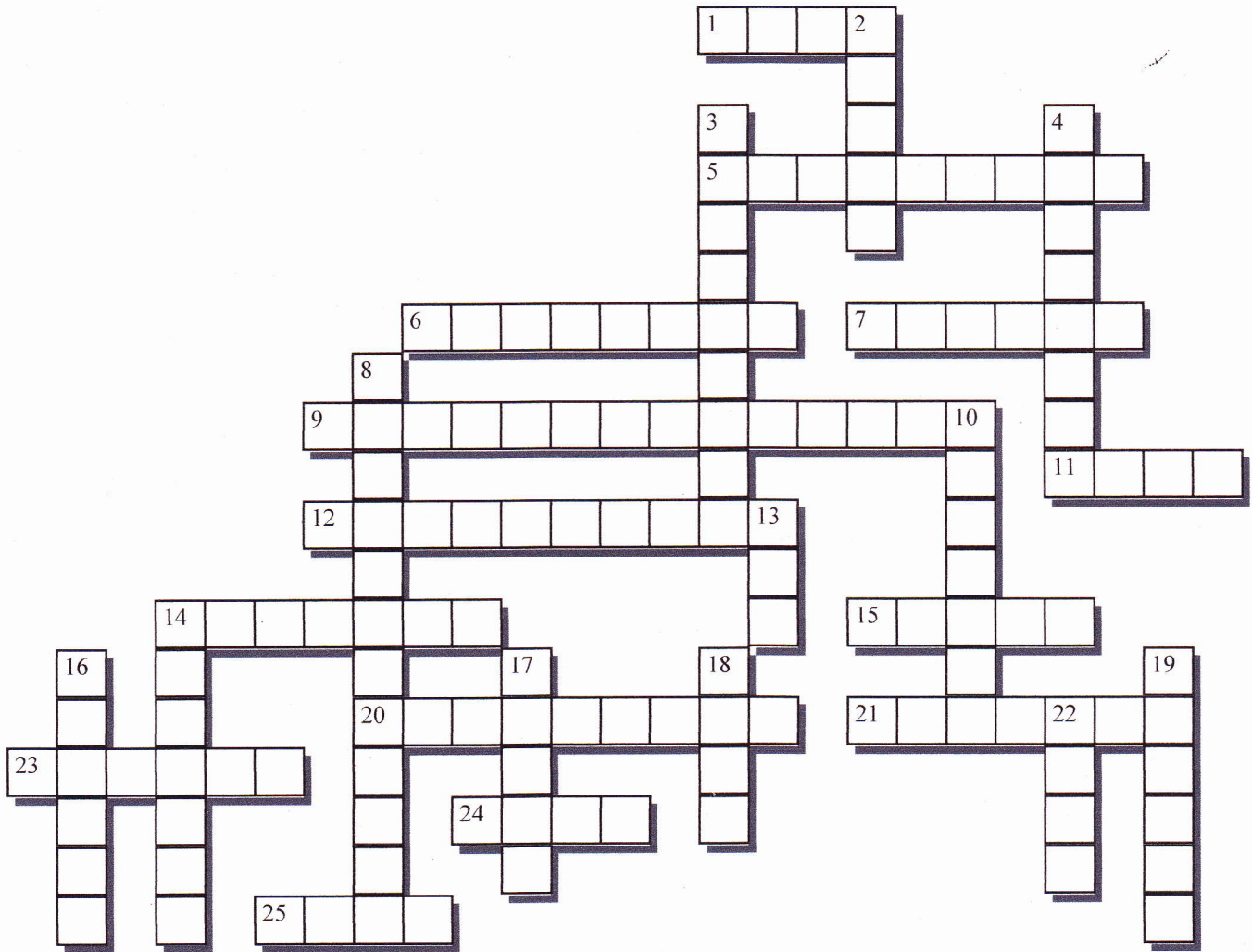


# Revision Sheet 1 Years 9-10 Food

Use the clues to solve the puzzle!



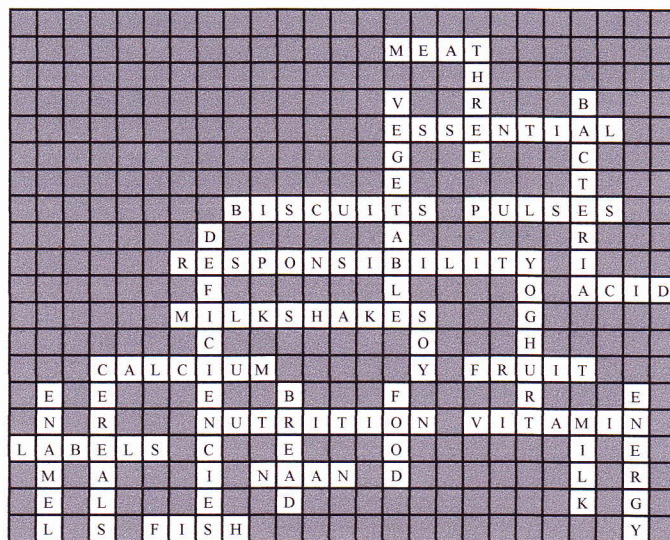
## Across Clues

- 1) the flesh of animals; one of the food groups (4)
- 5) Fibre is an \_\_\_\_\_ part of a healthy eating program. (9)
- 6) These are treats and should only be eaten occasionally. Their name comes from the fact that they were once cooked twice (this is a spelling hint). (8)
- 7) Another name for legumes. (6)
- 9) Your health is your \_\_\_\_\_. (14)
- 11) provides the tangy taste to fruits; citric \_\_\_\_ (4)
- 12) a frothy, flavoured milk drink; some may contain too much sugar (10)
- 14) This salt is essential for strong bones and teeth (shells, too) (7)
- 15) A major food group which is grown in orchards. (5)
- 20) the process of providing or obtaining food for health and growth (9)
- 21) \_\_\_\_\_ are essential for normal growth and nutrition (7)
- 23) \_\_\_\_\_ contain nutritional information as well as brand, logo and contents. (6)
- 24) Indian bread (4)
- 25) food found in the sea (4)

## Down Clues

- 2) How many serves of dairy should you have eat day? (5)
- 3) One of the major food groups. You should eat five serves a day. (9)
- 4) plural of bacterium (8)
- 8) a lack of (12)
- 10) (7)
- 13) This is a bean you can drink! (3)
- 14) a major food group (7)
- 16) the hard glossy substance that covers the crown of a tooth; sugary drinks cause it to decay (6)
- 17) This food comes in loaves and rolls. (5)
- 18) an nutritious substance that people or humans eat or plants absorb in order to to maintain life and growth (4)
- 19) the strength and vitality which we need for mental and physical activity; comes from food (6)
- 22) this liquid comes from a cow and contains calcium (4)

# Revision Sheet 1 Years 9-10 Food Solution



**ACROSS:**

- 1.MEAT 5.ESSENTIAL 6.BISCUITS  
 7.PULSES 9.RESPONSIBILITY 11.ACID  
 12.MILKSHAKES 14.CALCIUM 15.FRUIT  
 20.NUTRITION 21.VITAMIN 23.LABELS  
 24.NAAN 25.FISH

**DOWN:**

- 2.THREE 3.VEGETABLE 4.BACTERIA  
 8.DEFICIENCIES 10.YOGHURT 13.SOY  
 14.CEREALS 16.ENAMEL 17.BREAD  
 18.FOOD 19.ENERGY 22.MILK