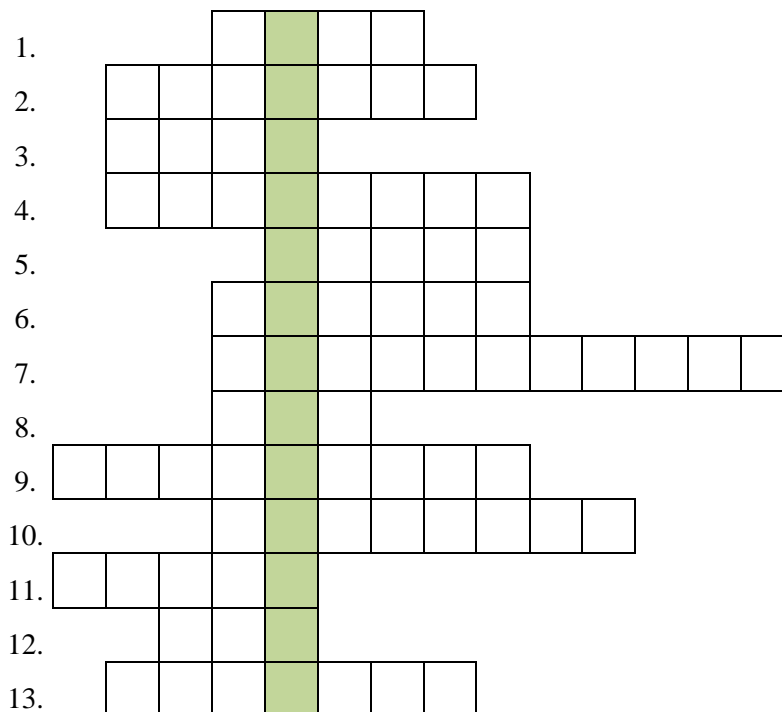


WHAT SHOULD I EAT?

Do the crossword and next explain the meaning of the answer.

1. Basic source of calcium in food
2. Preparing food
3. The mineral component present in food. Its deficiency causes anemia.
4. The energy units used in dietetics
5. The basic component for life,
6. Loved by children and adults. Their consumption contributes to gain weight and obesity.
7. Its excess causes atherosclerosis.
8. Food component which gives energy.
9. Good source of vitamins, minerals and fiber.
10. The components necessary for the proper functioning of the body. They are divided into fat- and water soluble.
11. It belongs to a group of carbohydrates that are not digested in the human body. Prevents constipation.
12. Fatty acids that have to be provided with food. They are found in vegetable oils and fats of marine fish. (Abbreviation)
13. The basic building material of a body.



Answer:.....

Solution:

1.			M	I	L	K							
2.	C	O	O	K	I	N	G						
3.	I	R	O	N									
4.	C	A	L	O	R	I	E	S					
5.				W	A	T	E	R					
6.			S	W	E	E	T	S					
7.			C	H	O	L	E	S	T	E	R	O	L
8.			F	A	T								
9.	V	E	G	E	T	A	B	L	E				
10.				V	I	T	A	M	I	N	S		
11.	F	I	B	R	E								
12.			E	F	A								
13.	P	R	O	T	E	I	N						