Tackle this puzzle from the outside in! Travelling in an anticlockwise direction the last letter of each answer is the first letter of the next. The first two have been filled in to start you off.

1 C														
A			9					8			7			6
R			17								16			
В			25						24					
0	10						29						15	
Н								32						
Υ							34					23		
D		18												5
R			26								28	22		
A	11				33		35						14	
T				30										
E		19						31						
2 S							27							
М			20					21						4
A	12					13								
L	L	I	N	Т	E	S	Т	I	N	3 E				

- 4 This food group is your body's main source of energy (13)
- The upper part of the gut where nutrients are absorbed (5,9)
- 3 These 'biological catalysts' speed up digestion (7)
- 4 This is the place where food is mixed with acid (7)
- 5 Your body needs a balanced diet to remain in this state (7)
- 6 This yellow part of the egg is stuffed with protein (4)
- 7 This is what the acid in your stomach will do to any harmful bacteria (4)
- 8 Fats and oils come under this category of food group (6)
- 9 These are simple carbohydrates. Added to tea and coffee perhaps (6)

- 10 The complex carbohydrate found in potatoes (6)
- 11 Diffusion occurs when a substance is at *this* concentration compared to the substance it is moving into (6)
- 12 Eighth and final section of the digestive system, it temporarily stores waste (6)
- 13 A very small living thing, you need a microscope to see it (13)
- 14 Rings of this tough tissue run through the intestines. It aids peristalsis (6)
- 15 The number of parts in the digestive system (5)
- 16 The rectum stores waste on this short-term basis (9)
- 17 This semi-solid fermented milk product is a great source of calcium (7)
- 18 Carbohydrase, lipase and protease are found in the digestive system. How many enzymes is that? (5)
- 19 It's not just the yolk! This food is a good source of Vitamins A, D and E (4)
- 20 In your mouth food is broken down and mixed with this watery substance (6)
- 21 The protein you eat is broken down into these much smaller molecules (5,5)
- This is what your stomach is. A sack by any other spelling! (3)
- 23 This is the mineral needed for strong teeth and bones (7)
- 24 Iron is one, so is calcium, and potassium (7)
- 25 This enzyme acts on lipids; it breaks them down into fatty acids and glycerol (6)
- 26 This word means 'remove' or 'get rid of'' (9)
- 27 When an organism eliminates waste from its system it is called this (9)
- 28 Good nutrition is eating a balanced variety of these (9)
- 29 The substances acted on by enzymes (10)
- 30 Calcium will make your teeth and bones this (6)
- 31 These microorganisms live in your intestines and help break down food (3,8)
- Villi in the small intestine ensure that broken down food is into the blood, usually by diffusion (8)
- Fruit and vegetables provide you with this for a healthy digestive system (7,5)
- 34 Gives you your 'get-up-and-go', is supplied by carbohydrates and lipids (6)
- 35 The microorganisms used to make beer and bread (6)

Answers

- 1. Carbohydrates
- 2. Small Intestine
- 3. Enzymes
- 4. Stomach
- 5. Healthy
- 6. Yolk
- 7. Kill
- 8. Lipids
- 9. Sugars
- 10. Starch
- 11. Higher
- 12. Rectum
- 13. Microorganism
- 14. Muscle
- 15. Eight
- 16. Temporary
- 17. Yoghurt
- 18. Three
- 19. Eggs
- 20. Saliva
- 21. Amino acids
- 22. Sac
- 23. Calcium
- 24. Mineral
- 25. Lipase
- 26. Eliminate
- 27. Excretion
- 28. Nutrients
- 29. Substrates
- 30. Strong
- 31. Gut bacteria
- 32. Absorbed
- 33. Dietary fibre
- 34. Energy
- 35. Yeasts