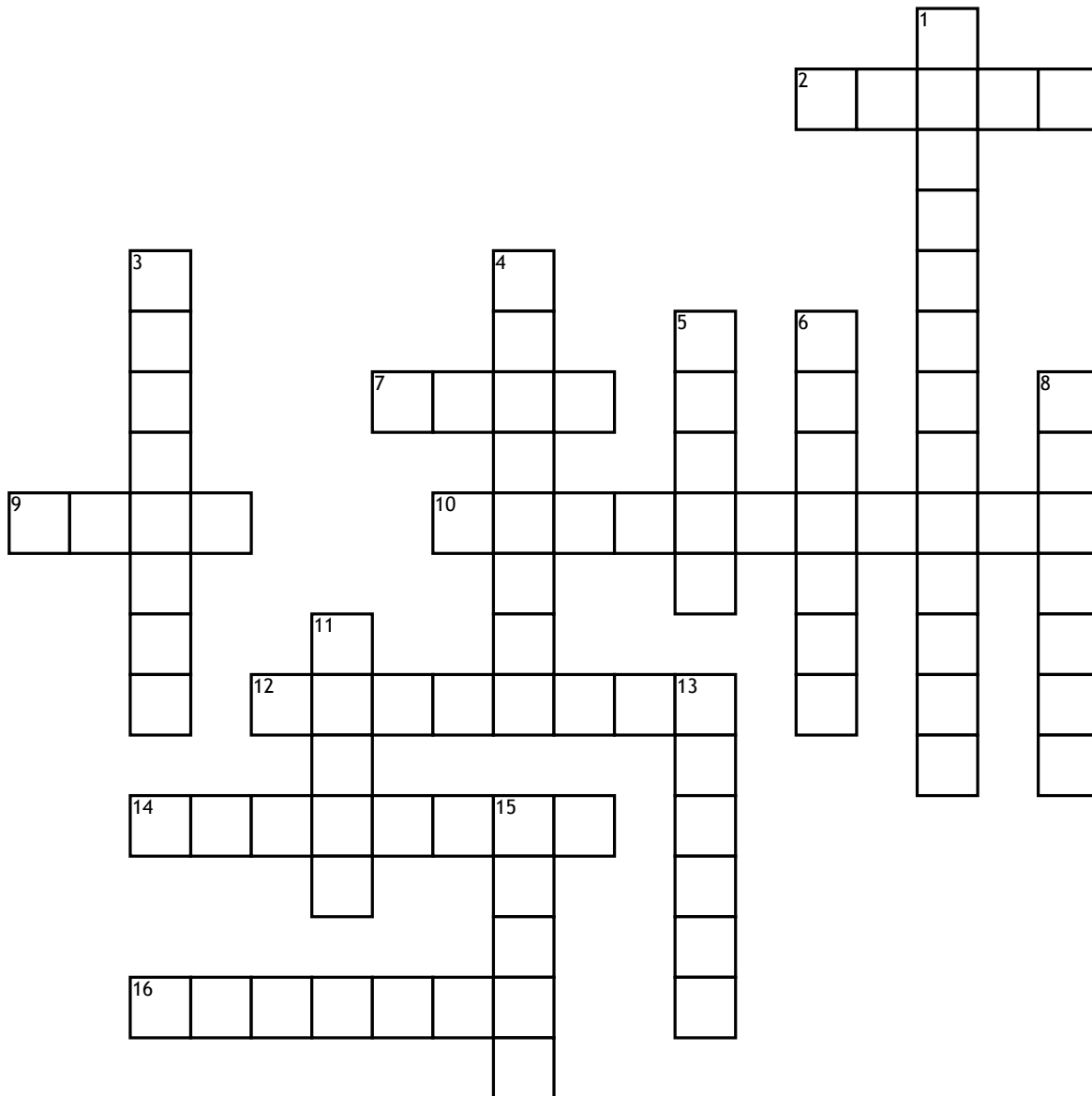


Name: _____

Date: _____

Healthy Living



Across

2. These are a good source of protein for vegetarians
 7. Burgers, crisps, chocolate and fries are examples of this
 9. This is the food that you eat
 10. This fat is bad for your heart
 12. This disease is caused by eating too much sugary foods
 14. Taking the stairs instead of the lift is a good way to take this

16. This means keeping our bodies, mouth, hair and clothes clean

Down

1. You get energy from eating these
 3. You need these for growth
 4. Your body needs this to make Vitamin D
 5. Between 70% and 80% of your body is this

6. Some people are allergic to this milk sugar found in dairy products

8. This mineral is needed to make strong bones and teeth
 11. This is found in fruits and vegetables and helps digestion
 13. Potatoes, bread, rice and pasta all contain this
 15. You need plenty of this so you can stay alert and refresh your energy