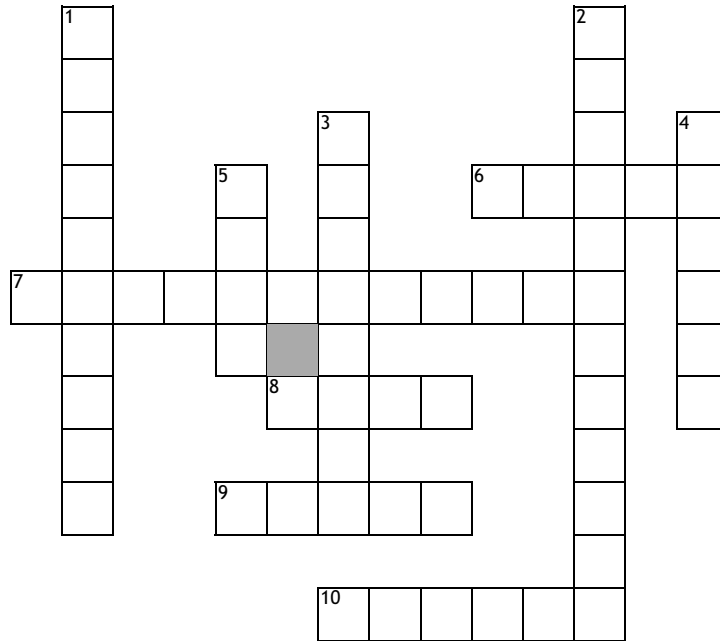


Name: \_\_\_\_\_

# Healthy Living



## Across

6. Most important drink for your body
7. When the body doesn't get enough nutrients
8. Food group including milk, cheese and yogurt
9. Something you need 9.5 hours of every night
10. Food group including apples, bananas and oranges

## Down

1. Food group including carrots, green beans and broccoli
2. food group including fish, chicken, eggs, beans and nuts
3. Physical activity that helps heart and lungs
4. Food group including bread, rice and noodles
5. A substance that causes change in body or mind