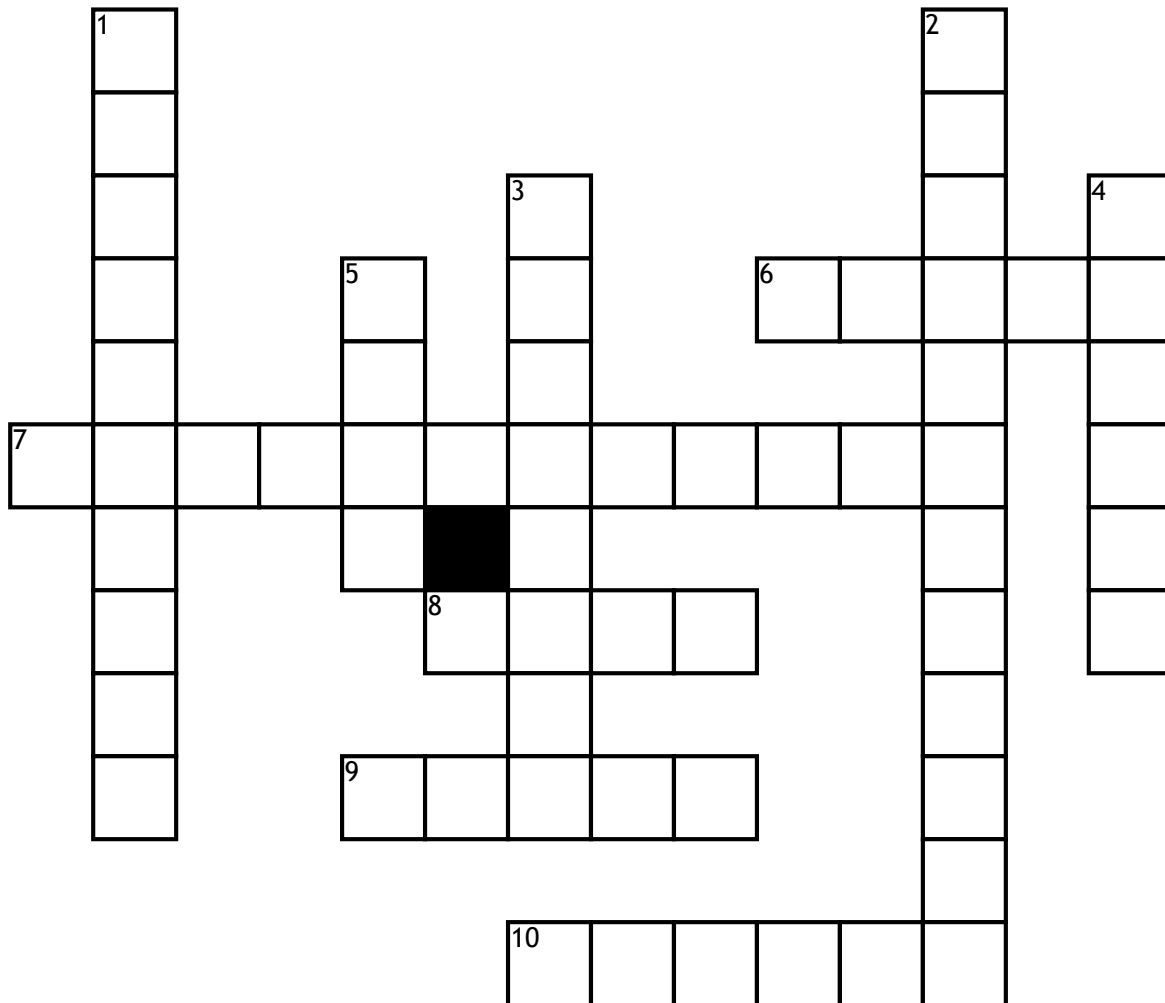


Name: _____

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