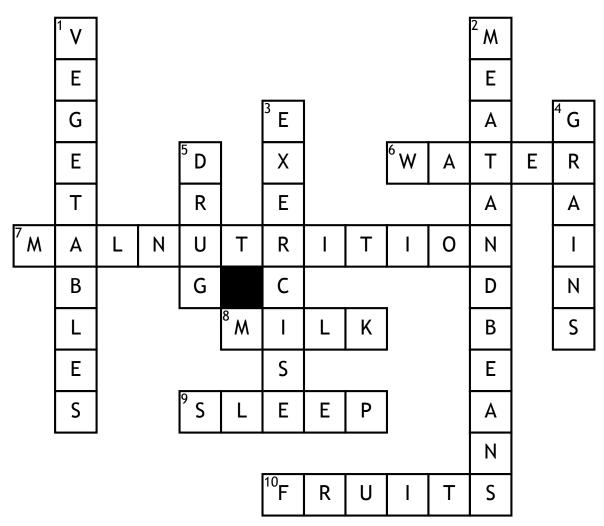
Healthy Living



<u>Across</u>

- **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