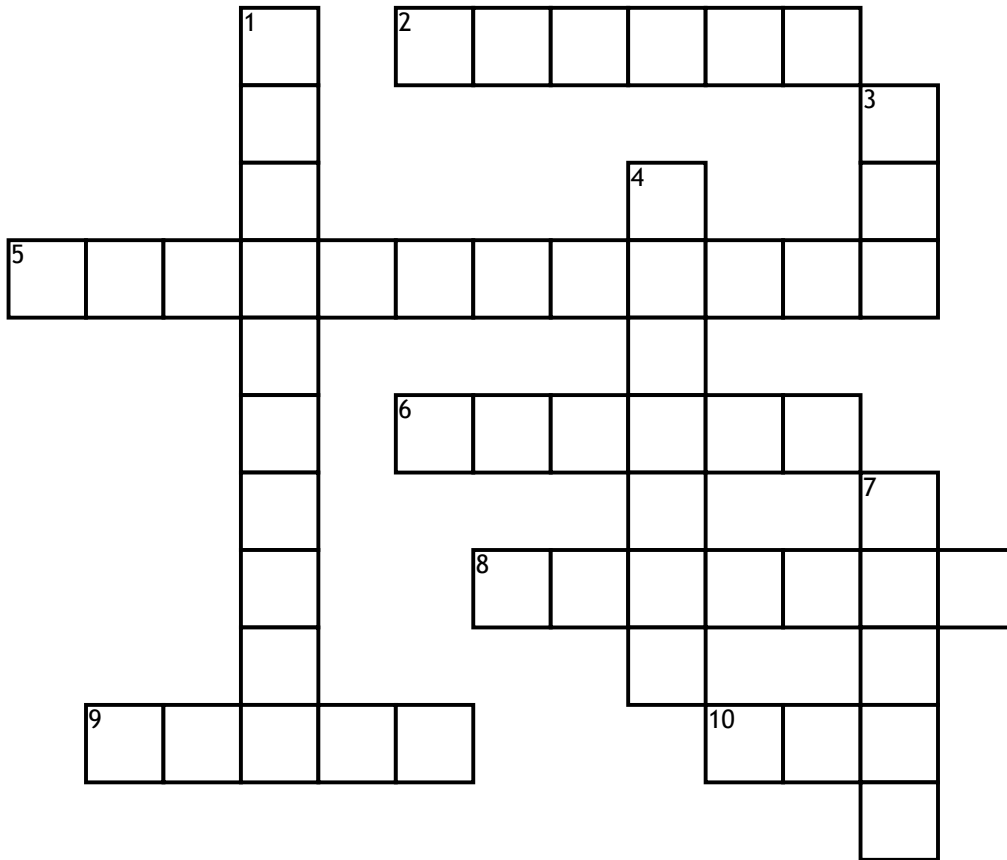


CARBS - MAKING HEALTHY CHOICES



Across

- 2. THIS IS A BAD CARB CHOICE
- 5. WHAT ARE BEANS
- 6. NOT ALL CARBS HAVE THIS
- 8. THIS IS A CARB IN GRANOLA BARS
- 9. THIS IS A CARB BUT HAS NO ENERGY

- 10. CARBS DO NOT CONTAIN THIS

Down

- 1. FRUIT
- 3. CARBS DO WE NEED THEM
- 4. A SIMPLE CARB BUT NOT A FRUIT
- 7. GOOD CHOICE FOR ENERGY BEFORE WORKING OUT