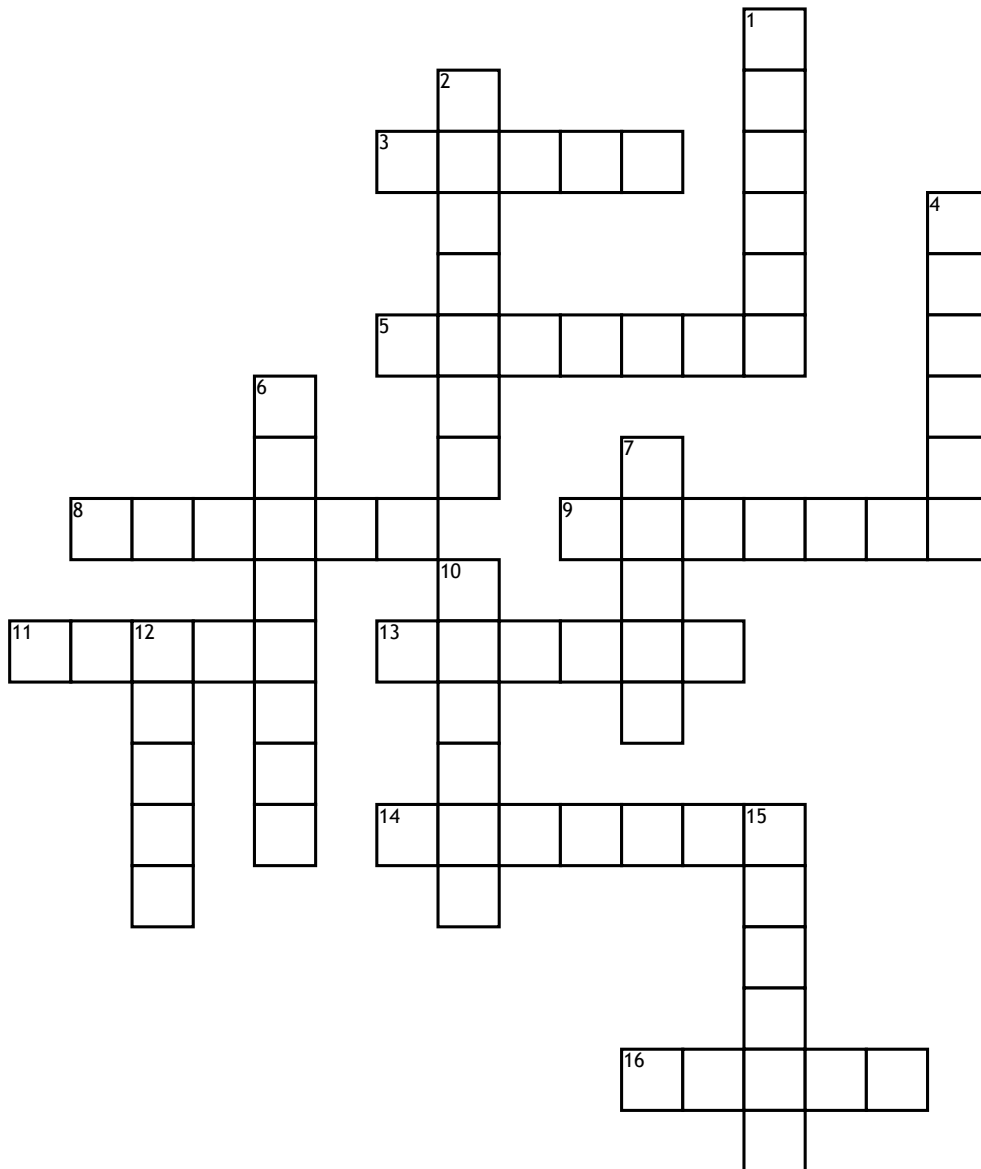


# Fitness and Food Group Crossword Puzzle



## Across

3. You spread butter on this slice  
 5. Your muscles get stronger by lifting these  
 8. Rugby, soccer, football, baseball are all examples of this  
 9. A bunny snack  
 11. This muscle pumps blood and needs exercise

13. Milk and bacteria make this dairy product  
 14. This food group grows in the garden  
 16. A chunk of cow muscle to throw on the bbq

## Down

1. A food group that is sweet and good for you  
 2. Muscles are strengthened by this food group

4. Saskatchewan farmers harvest this food group  
 6. A really long run  
 7. This food group comes from cows' udders  
 10. \_\_\_\_\_ Night in Canada  
 12. A red sweet ball from a tree  
 15. In other countries this is also called football