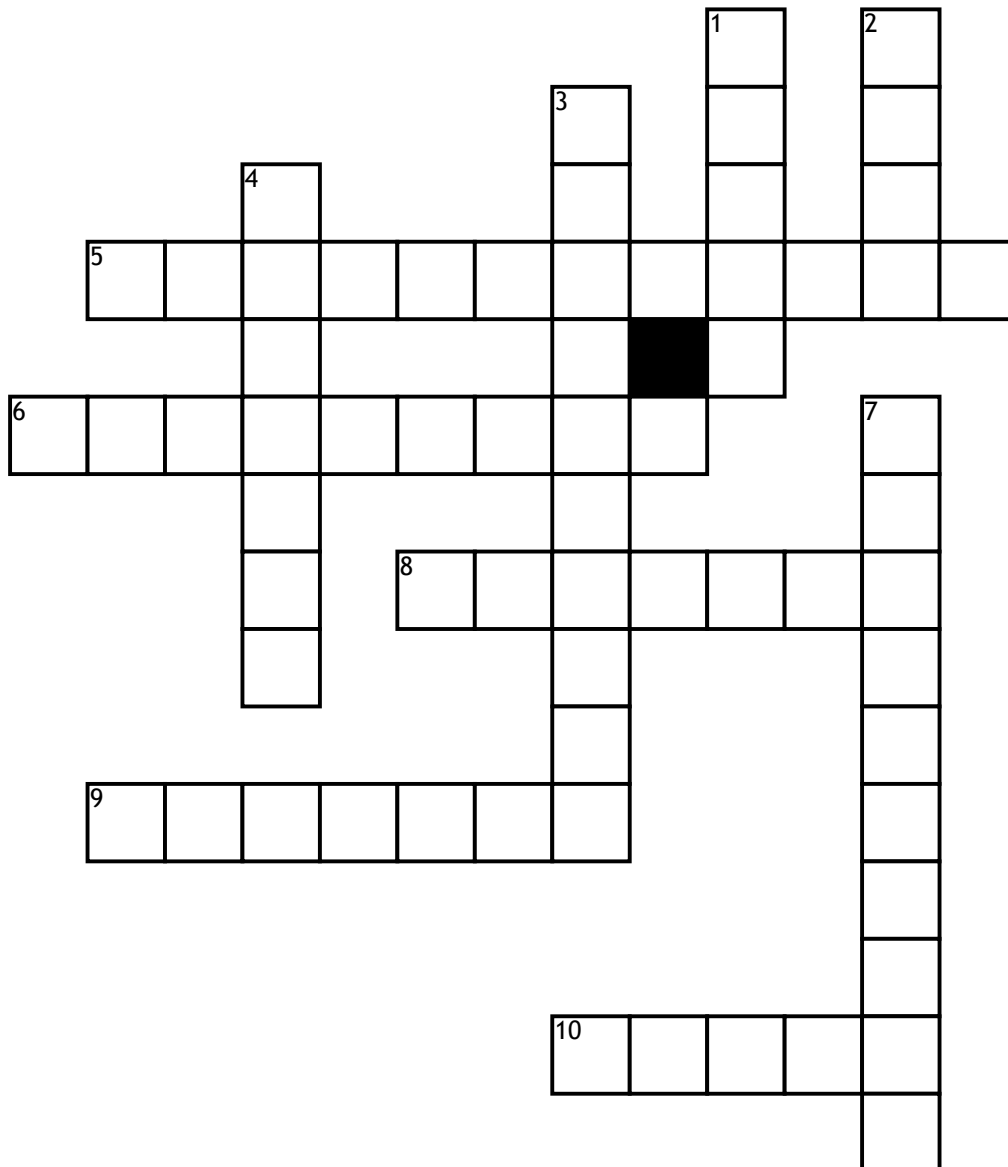


Name: _____

Free Foods



Across

- 5. A fruit which contains fibre
- 6. Oily fish which contains calcium
- 8. These foods are packed with filling powder
- 9. A shellfish which contains calcium
- 10. foods containing this are good for the digestive system

Down

- 1. A meat replacement
- 2. A food which contains calcium, fibre and speed
- 3. These foods are very low in calories
- 4. These foods are essential for healthy bones and teeth
- 7. This vegetable contains calcium, fibre and speed