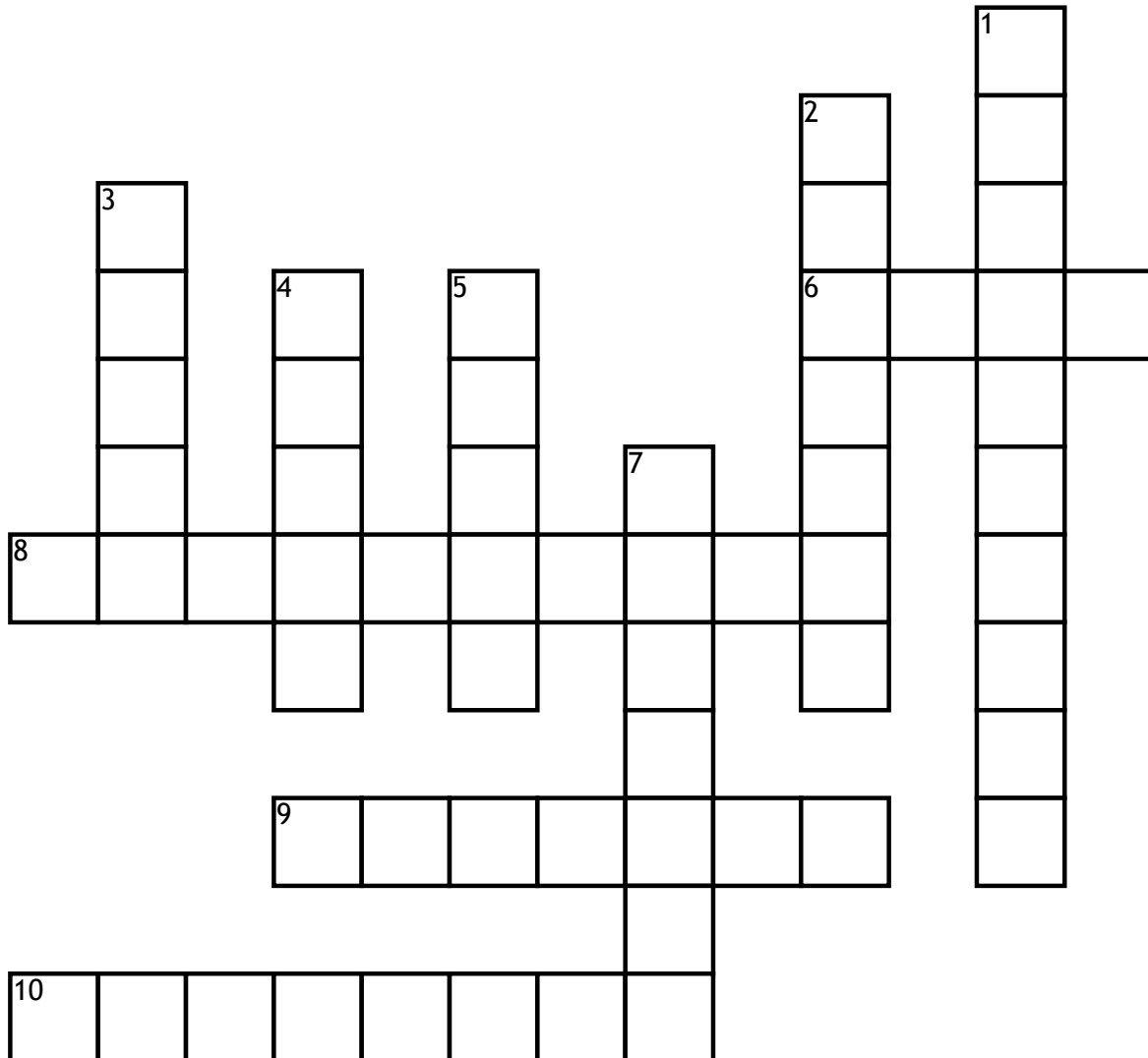


Name: _____

Date: _____

HEALTHY HABITS



Across

6. WHAT FOOD SOURCE PROVIDES CALCIUM AND VITAMIN D?

8. WHAT IS ONE OF THE FOOD GROUPS THAT WE SHOULD EAT MORE OF EACH DAY

9. A BALANCED DIET KEEPS YOU

10. CITRUS FRUITS ARE HIGH IN WHAT VITAMIN?

Down

1. THE MAIN INGREDIENT TO LOOK FOR ON A LOAF OF BREAD

2. WHERE SHOULD WE DISPOSE OF OUR FOOD WASTE

3. WHAT DO YOU EAT ONCE A DAY TO KEEP THE DOCTOR AWAY?

4. WHAT DO WE NEED IN OUR DIET TO HELP ELIMINATE WASTE FROM THE BODY

5. NAME WHAT TO USE SPARINGLY IN YOUR DIET/FOOD CHOICES

7. AVOID BUYING THINGS PACKAGED IN