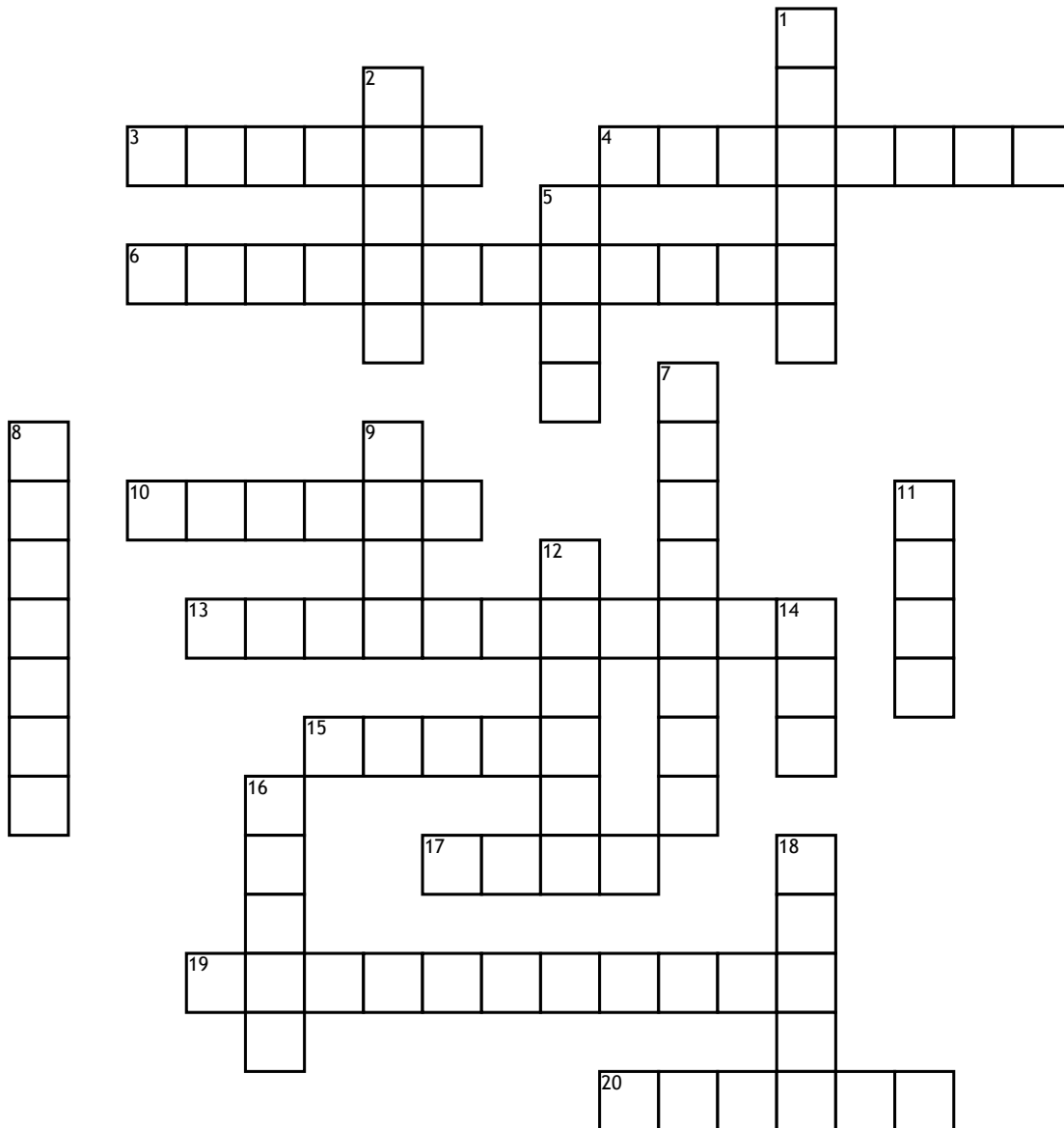


Name: _____

Health Rules



Across

3. _____ helps to purify our blood.

4. We get Vitamin D from _____.

6. A children's specialist doctor is called a _____.

10. In summer, we wear clothes made of _____.

13. _____ is next to godliness.

15. Which is the longest bone in the body?

17. Early to bed and early to rise, makes a guide healthy, wealthy and _____.

19. _____ rays of the sun are not good for the eyes.

20. Vitamin A is present in this vegetable

Down

1. Salt solution is called _____.

2. A person who does not eat meat or dairy is classified as _____.

5. Calcium is found in _____.

7. Body building foods are called _____.

8. Three necessities of life are food, clothing and _____.

9. Surya Namaskar is a form of _____.

11. All work and no _____ makes Jack a dull boy.

12. These fruits give us Vitamin C.

14. An adult should sleep for atleast _____ hours a day.

16. An _____ a day, keeps the doctor away.

18. 70% of the human body is made up of _____.