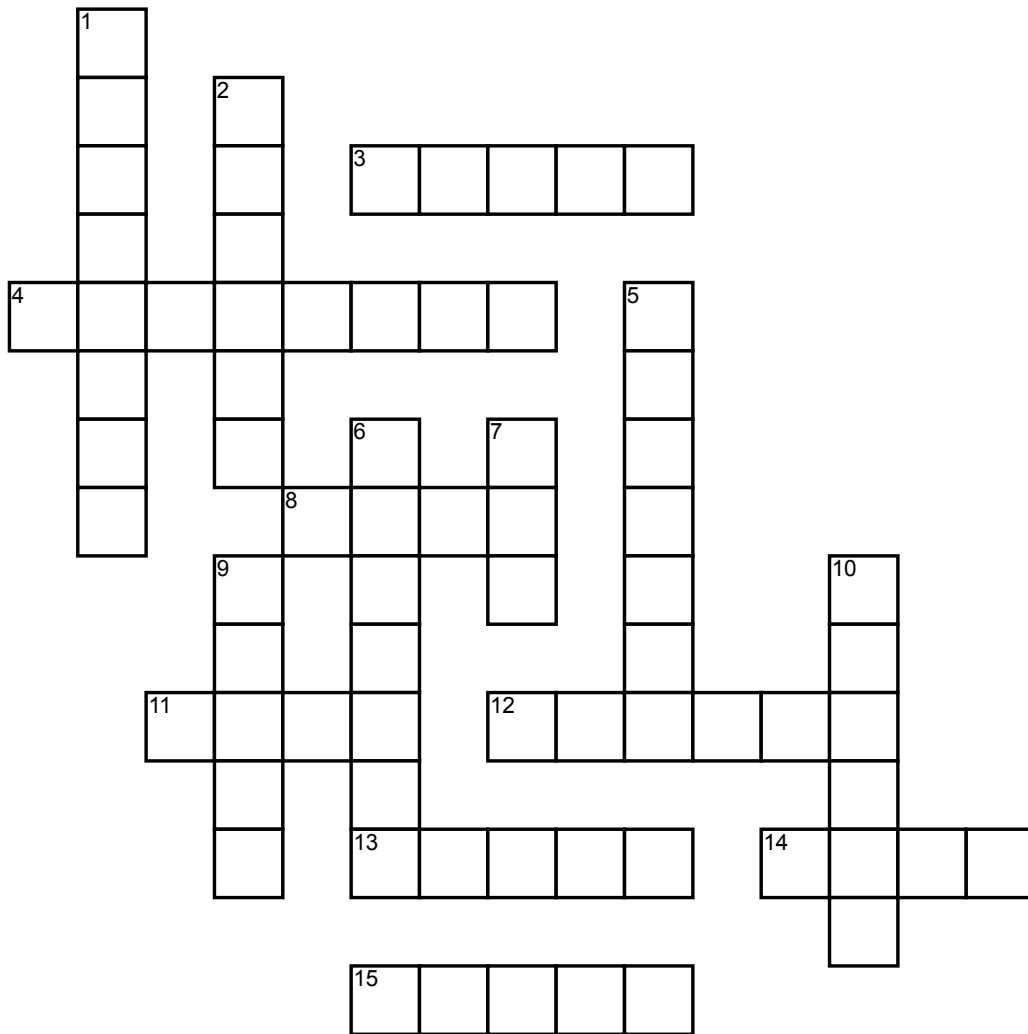


Healthy Eating



Across

3. What is an example of a carbohydrate which you often eat at school?

4. What do we get from fruits and vegetables besides minerals?

8. Is it true or false when eating fruits and vegetables you should eat all the different colours of fruits and vegetables?

11. Complex carbohydrates give our body energy for a period of time

12. We eat healthy food to build up our system.

13. How many servings of fruits and vegetables do you need per day? Between five and...

14. What breakfast food contains lots of protein?

15. Milk belongs to which food group?

Down

1. Vitamin D is something we can get from playing outside in the

2. Protein helps to the cells in our body

5. What mineral in milk helps us to have strong bones?

6. Vitamin C can be found in...

7. Should we use fats and oils sparingly?

9. Simple carbohydrates give you energy for a period of time

10. Carbohydrates give our bodies?

Word Bank

Vitamins

Dairy

True

Calcium

Immune

Eggs

Sunlight

Oranges

Long

Yes

Repair

Bread

Energy

Seven

Short