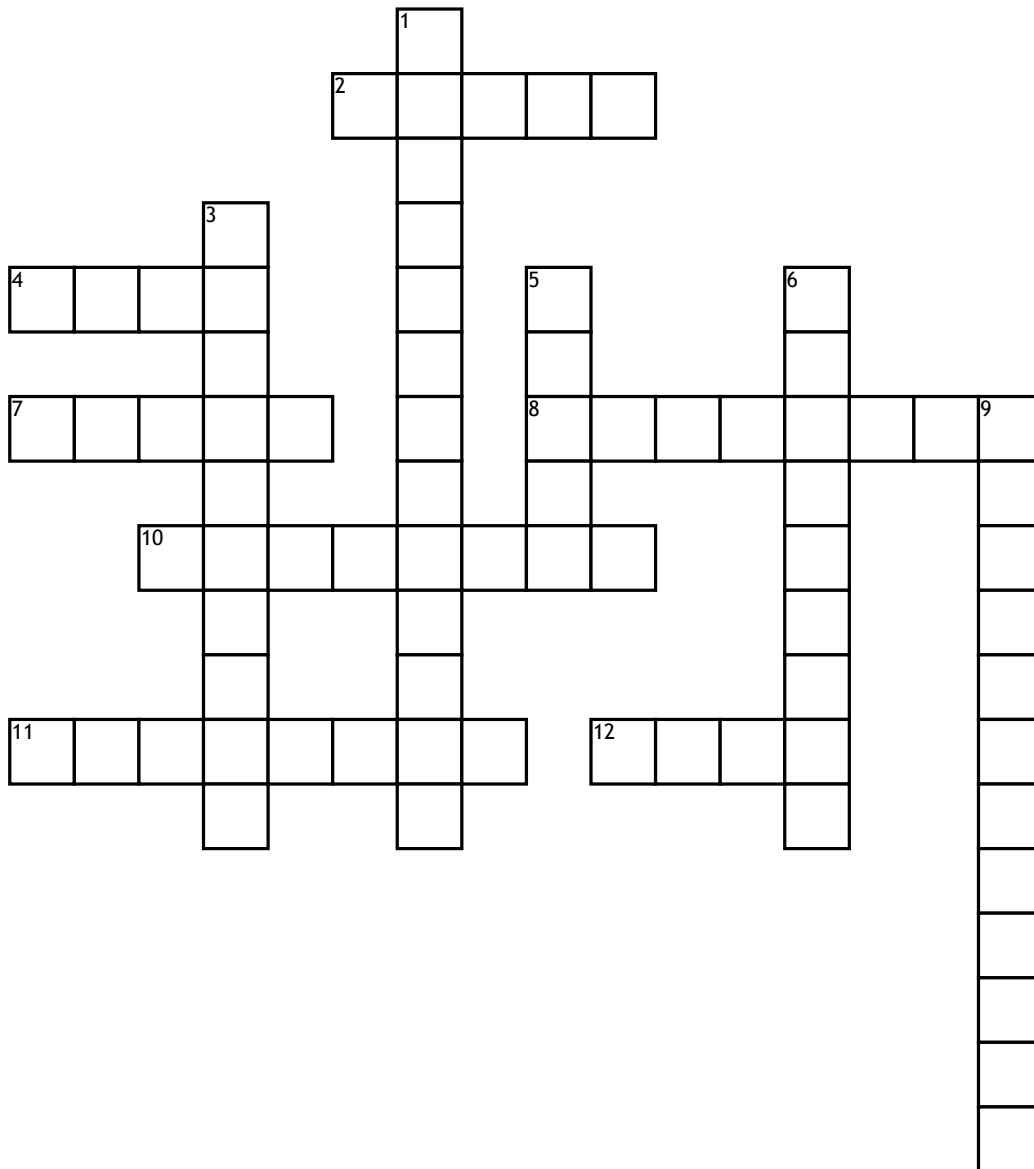


Healthy Eating



Across

- 2. Milk belongs in what food group?
- 4. How many portions of fruit and veg should we be eating every day?
- 7. 70% of our body is made form what?
- 8. Chicken belongs in what food group?

- 10. Food is measured in what?
- 11. Ireland is famous for growing which vegetables?
- 12. Oils are in what food group?

Down

- 1. Pasta belongs in which food group?

- 3. A person that doesn't eat meat?
- 5. One of these a day keeps the Dr away?
- 6. First meal of the day is called?
- 9. What fruit is famously eaten with cream at Wimbledon?