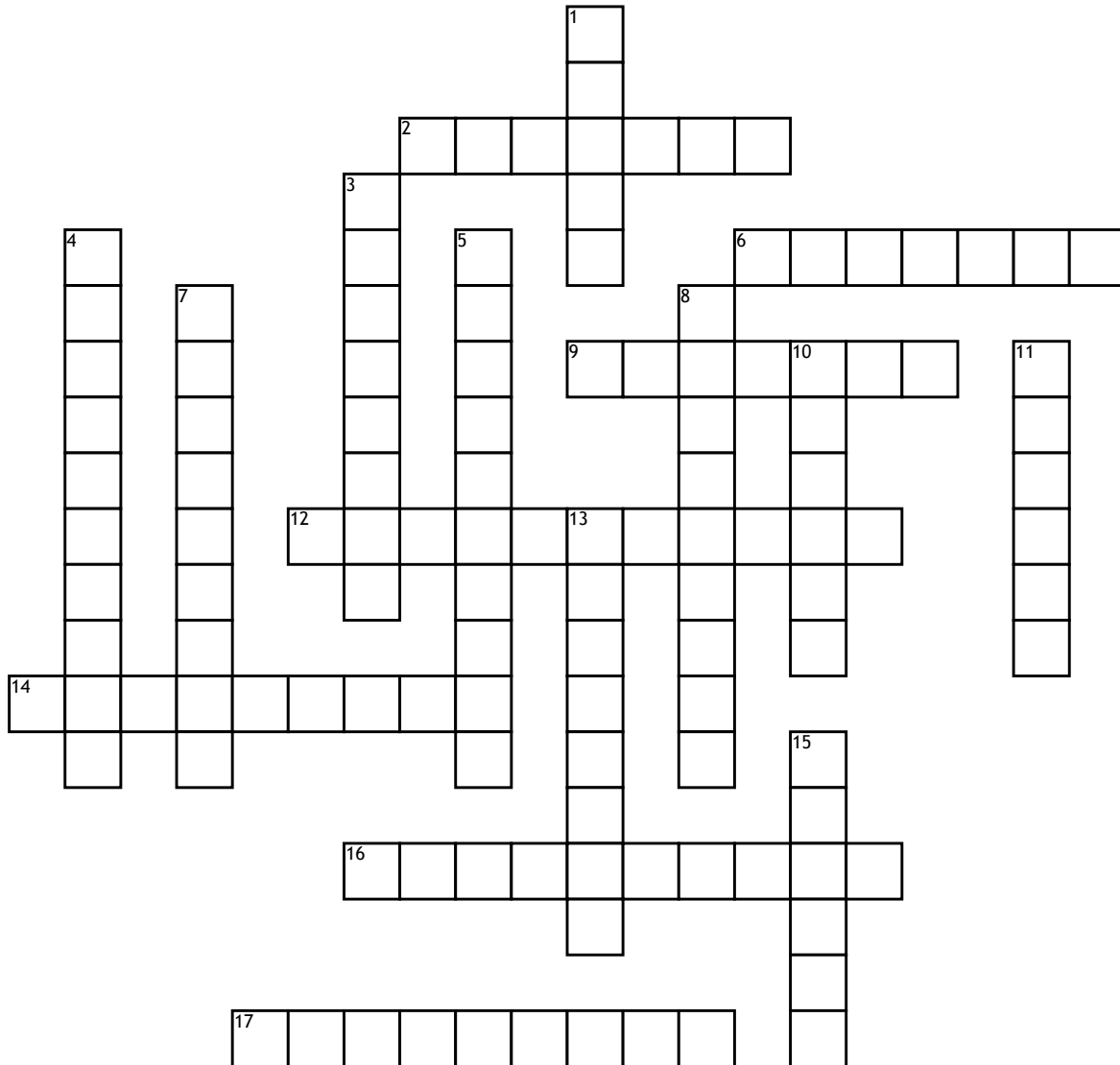


Healthy Food Habits



Across

- 2. An even distribution of weight
- 6. Eat, drink, or ingest (food or drink)
- 9. Have or hold within
- 12. Put forward with approval as being suitable for a particular purpose or role
- 14. Give support, confidence, or hope to (someone)
- 16. A particular kind of matter with uniform properties
- 17. It is important to keep _____.

Down

- 1. A representation of the external form of a person or thing in art
- 3. A state of confusion
- 4. Something that completes or enhances something else when added to it
- 5. A measurement of energy in food
- 7. The process of providing or obtaining the food necessary for health and growth

- 8. His energy drink was _____ his energy throughout the day
- 10. A means of approaching or entering a place
- 11. To make smaller
- 13. The state or fact of being fully developed physically
- 15. The strength and vitality required for sustained physical or mental activity