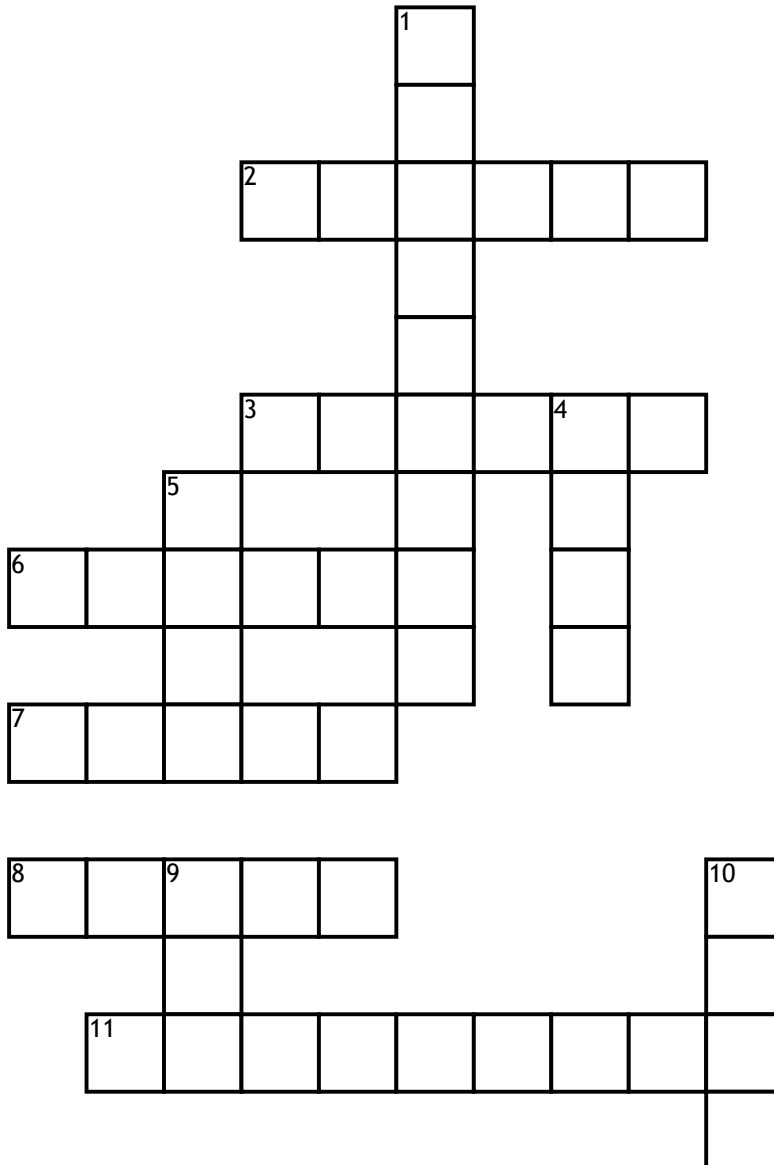


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Healthy Habits



## Across

2. One healthy habit is to keep a\_\_\_\_\_.
3. One effect of not eating breakfast is running out of e\_\_\_\_\_ during the day.
6. Healthy eating will help you to maintain a healthy body w\_\_\_\_\_.
7. One healthy habit is to get enough s\_\_\_\_\_.
8. A healthy substitute for soft drink and juice.
11. Foods high in fat and sugar should be eaten when?

## Down

1. Eating a balanced diet helps to give us the vitamins and m\_\_\_\_\_ we need to maintain a healthy body and mind.
4. A benefit of eating breakfast is to help us continue to g\_\_\_\_\_ and develop.
5. It is recommended that a 9-11 year olds eat how many serves of vegetables each day?
9. It is recommended that a 9-11 year olds eat how many serves of fruit each day?
10. One healthy habit is to \_\_\_\_\_ your hands.