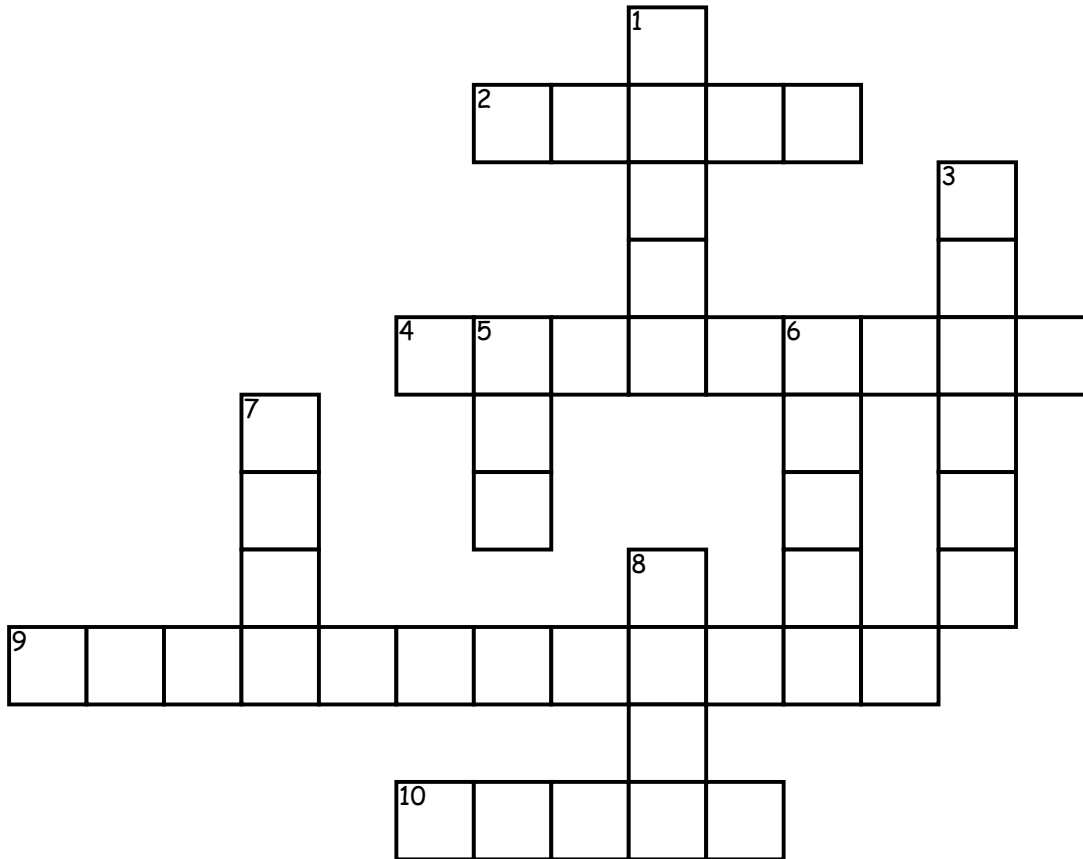


Name: \_\_\_\_\_

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

# Independent living



## Across

2. What must you wash before handling food

4. What type of food is a broccoli

9. What must you follow to keep you safe

10. It is important to drink plenty of it

## Down

1. Sharp utensil in the kitchen

3. Which emergency team would you request if you witness something criminal and life threatening

5. What is the main ingredient in omelette

6. What must you wear whilst cooking

7. Has to be balanced to maintain a healthy weight

8. How many portions of fruit and veg should you eat a day