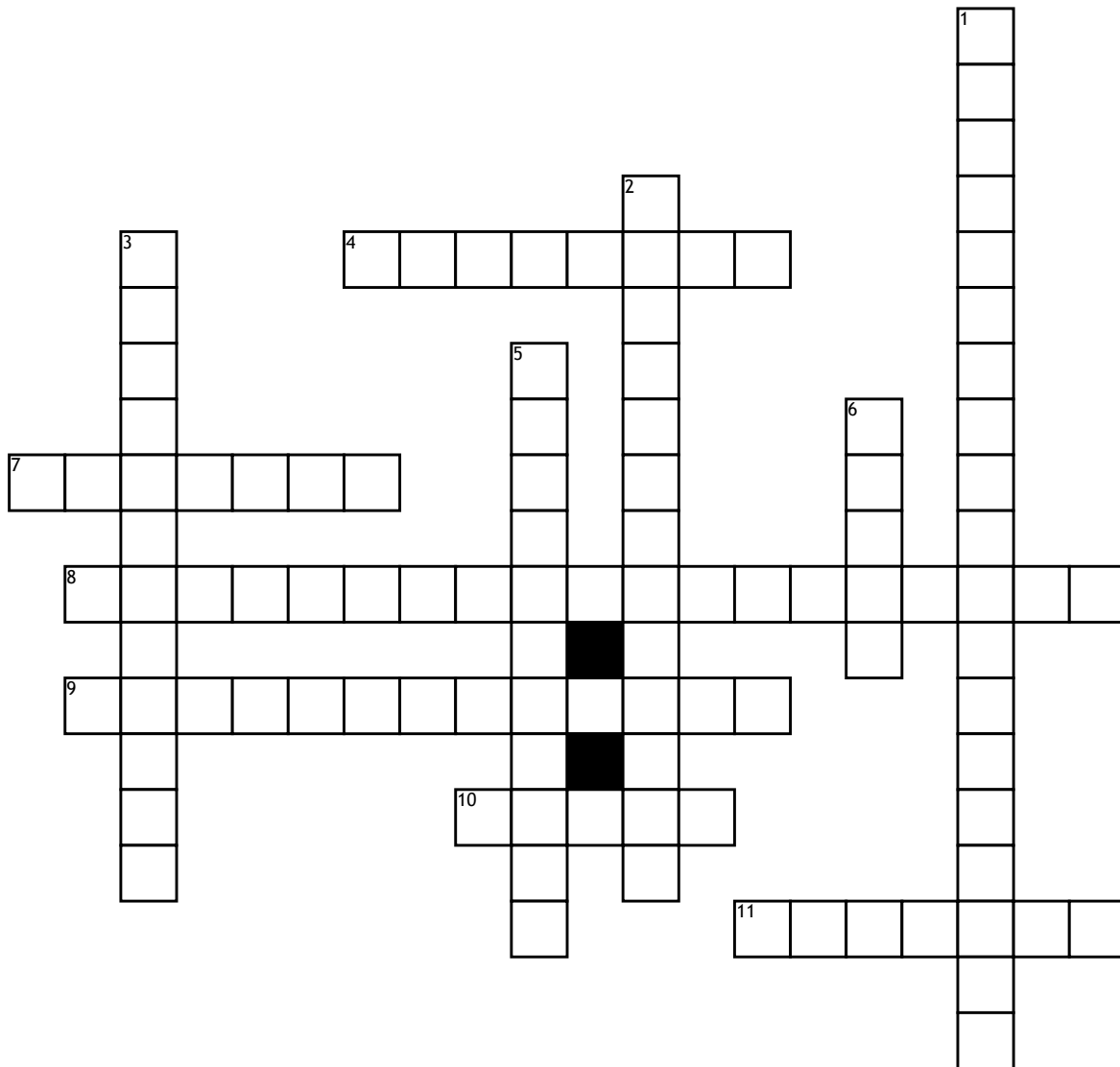


Name: _____

Date: _____

Nutrition



Across

4. Replenishes electrolytes during and after, high intensity workouts
7. Help the body to grow and repair itself. Can be found in meat, poultry, fish, eggs, beans, and nuts
8. Help our bodies to work properly.
9. Can raise your cholesterol.
10. Helps to clean your digestive system.
11. Needed for healthy bones and teeth.

Down

1. Contribute to the repair of joints and muscles.
2. Give us energy, can be found in wholemeal cereals and breads, potatoes, pasta, rice
3. Will help to keep you from feeling sore.
5. Help to store energy.
6. Needed for chemical reactions in the body. We need this all the time, not just when we are thirsty.