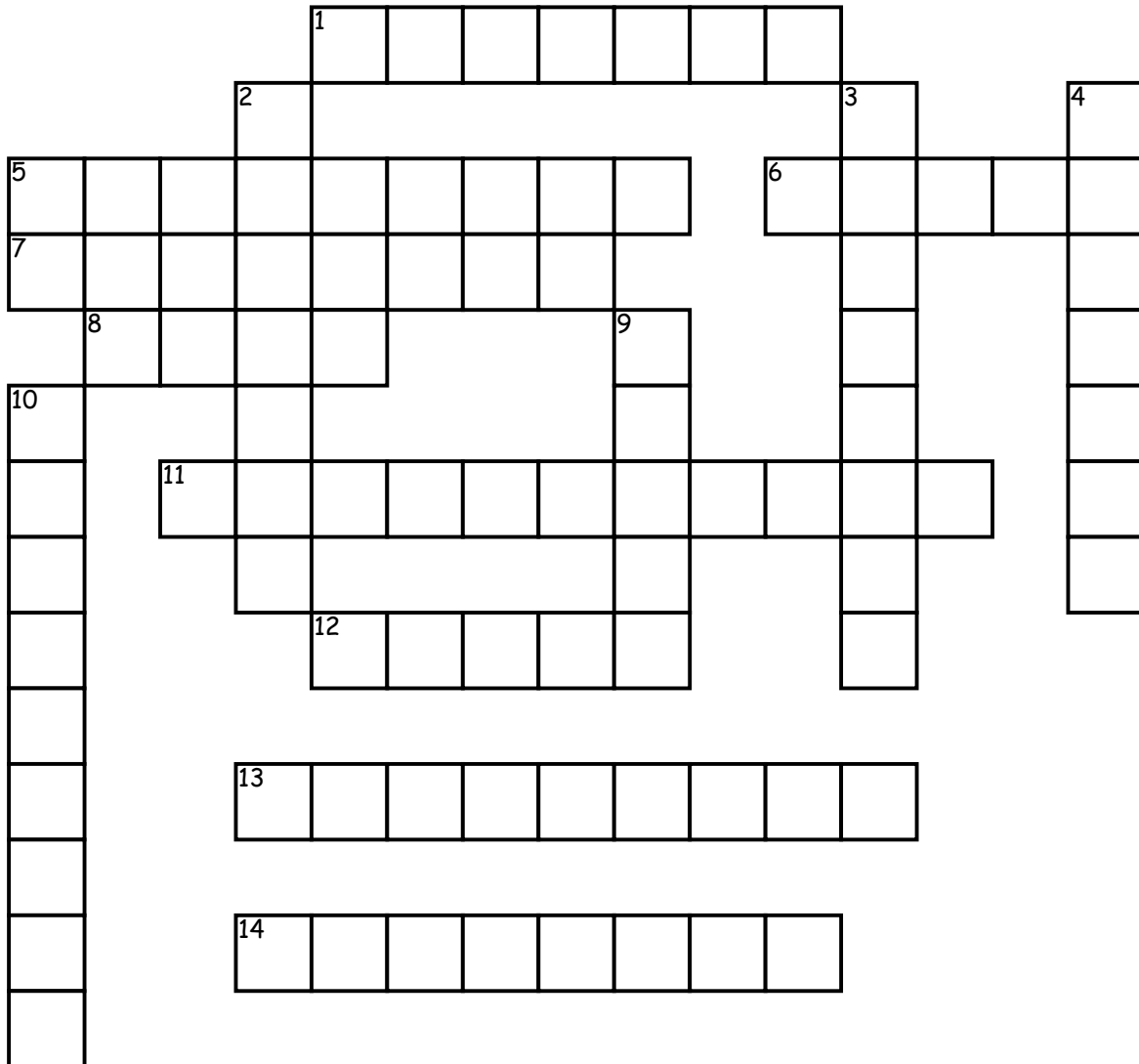


Nutrition



Across

- 1. Healthy bones need lots of C - L - I - U -
- 5. Too many cakes can cause you to become this
- 6. Apples, oranges and melon are example of this.
- 7. Fluid that is bad for you
- 8. We need to reduce the amount of this we put on our food

- 11. Too much fat can cause high C - - - - -
 - 12. Too much of this in your diet causes weight gain
 - 13. Processing food in our bodies is called ?
 - 14. To stay fit we need to diet and E - - R - - S -
- Down**
- 2. We need to eat fruit and vegetables to stay - - - -

- 3. Green vegetable that provides lots of iron for your body
- 4. Where our food is processed in our body
- 9. Drink this every day to stay hydrated
- 10. BMI stands for body M - - - I - - - -