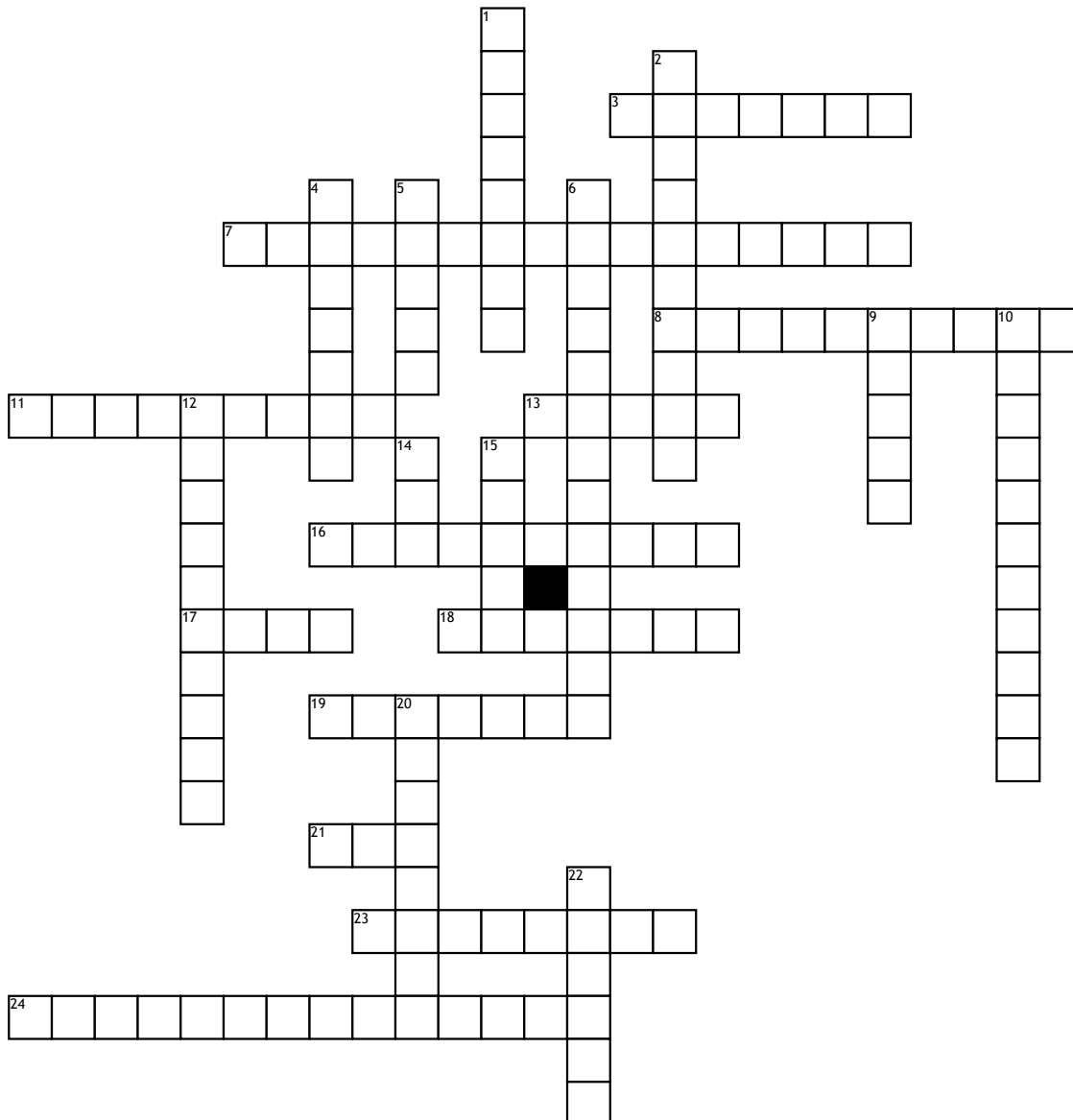


Name: _____

Date: _____

Sports, Health, Food and Nutrition Corsswords



Across

3. We need water to stay?
7. Any activity that burns calories?
8. Type of passing in Basketball.
11. Moving the ball around the court.
13. Minimum exercise per week.
16. Type of Swimming stroke.
17. How many meals should we have per day?
18. The meat and beans group is best known for _____, which help build strong muscles.
19. What kind of fruits contain lots of vitamin C?

21. In Basketball how many steps are we allowed to do?
 23. Increasing general health, skin condition, bones and teeth
 24. Type of serving in Volleyball
- ## Down
1. Food type. Helps growth of teeth and bones.
 2. Very important in our health life and gives us a lots of vitamins.
 4. Sport that involves a bicycle?
 5. Cereal is a great breakfast food and belongs to the _____ food group.
 6. Food type. Transforms into glucose.

9. How many glasses of water should we drink per day?
10. Calcium, vitamin D, vitamin B are?
12. This is the most important meal of the day.
14. How many points is a shot worth when inside the oppositions semicircle while playing basketball?
15. Type of drink that is the best for out body?
20. Physical activity that improves the cardiovascular system?
22. How many minutes lasts a game in football without extra minutes?