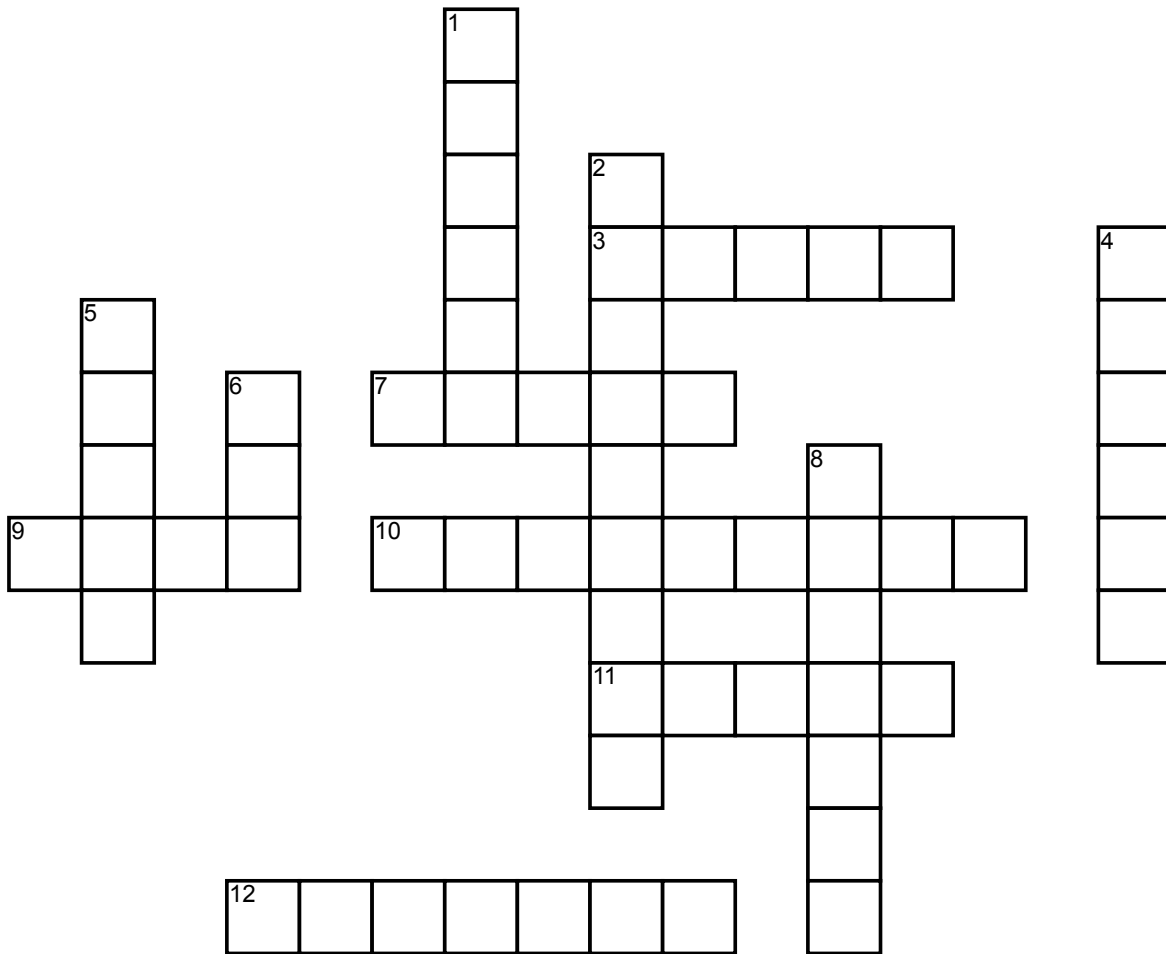


Name: \_\_\_\_\_

# Teenage Nutrition



## Across

- 3. How many glasses of water should a teenager drink a day?
- 7. 95% of a cucumber is?
- 9. How many hours of sleep does a teenager need?

10. The most important meal of the day.

11. The meal at the middle of the day.

12. A sport when you cant run with the ball.

## Down

1. A yellow fruit

2. Whats the opposite of a fruit?

4. A orange vegetable.

5. Whats natures candy?

6. How much hours of exercise does a teenage need per day?

8. What do your bones need?