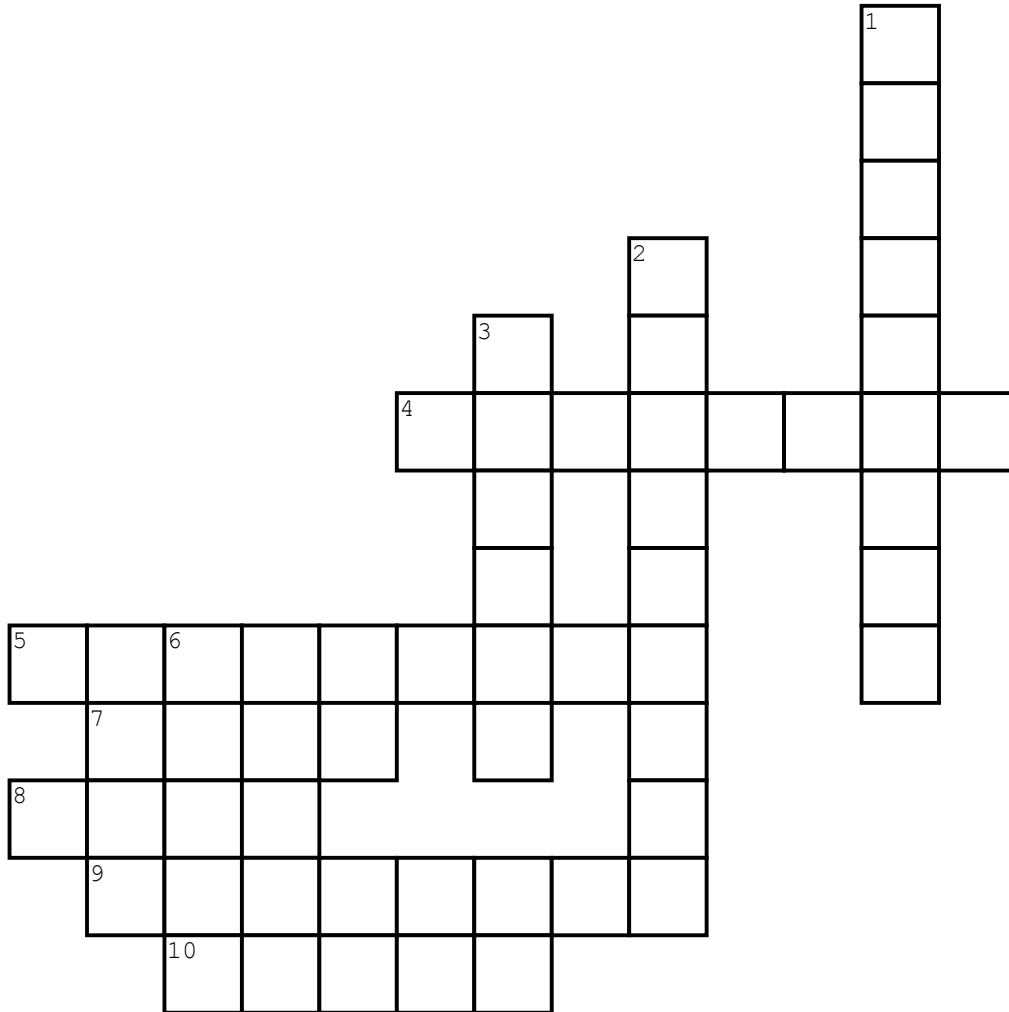


Name: _____ Date: _____

~ H E A L T H ~



Across

- 4. It is good sometimes to stop what your doing, relax, put some calm music on and...
- 5. What is the most important meal of the day?
- 7. How many hours of sleep should a 12 - 17 yr old get each night?
- 8. Name a sport/activity that helps your physical and mental health by doing poses that help you be relaxed
- 9. What is the type of health that talks about your exercise, eating etc.

- 10. When eating healthy an occasional _____ is ok

Down

- 1. If you are being bullied your mental and _____ health levels will be very poor
- 2. What type of health talks about your beliefs, values etc.
- 3. What aspect of health that talks about your state of mind
- 6. How many glasses is recommend each day