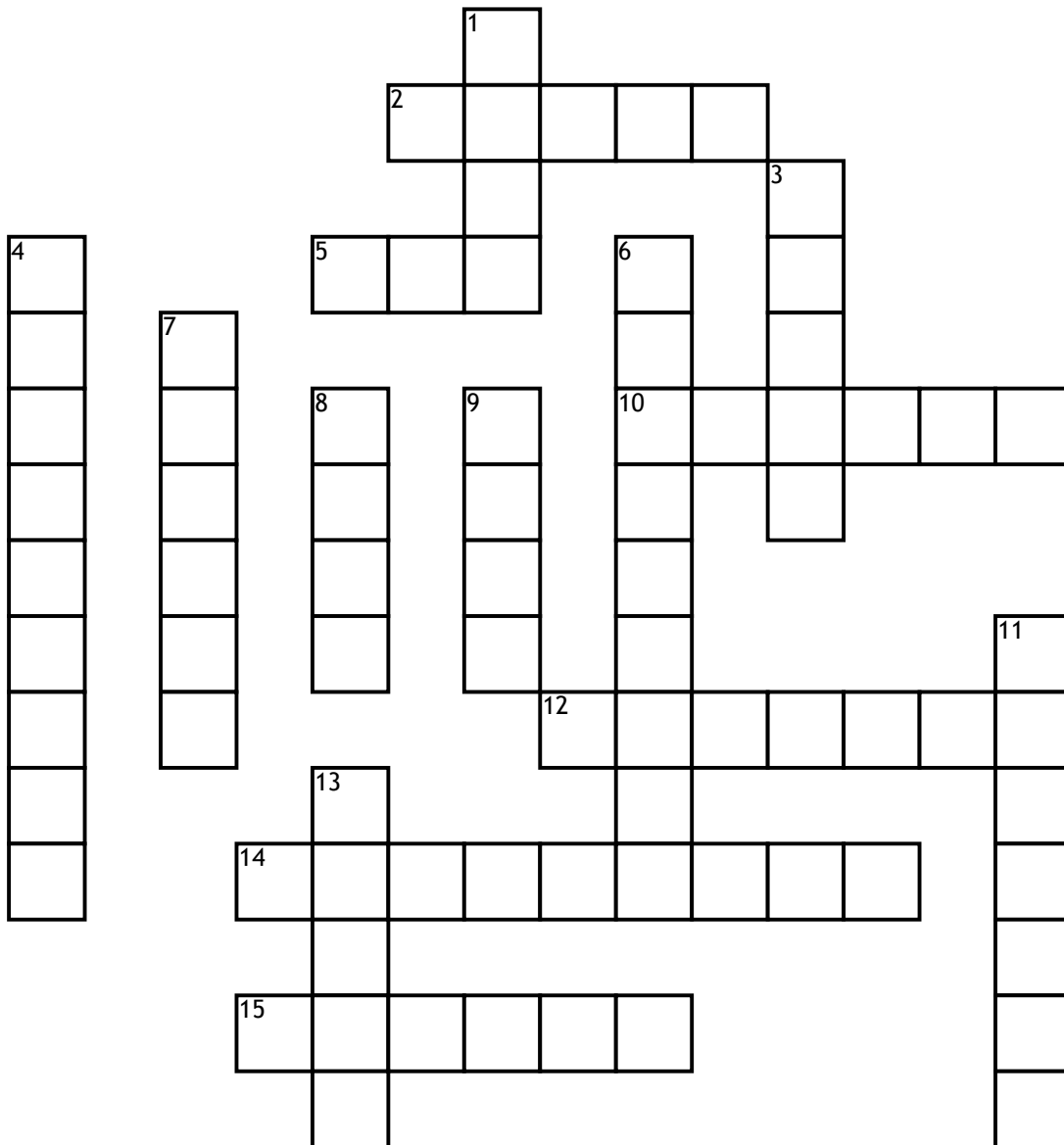


Name: _____

nutrition



Across

- 2. eat foods that have higher
- 5. bacon sometimes has lots of.....
- 10. a good meal gives you lots of...?
- 12. it's important to keep a between fatty foods and nutritious foods.

- 14. we need lots of to stay healthy
 - 15. don't get into bad eating
- ## Down
- 1. maintain a healthy.....
 - 3. you need to drink at least 2 liters of this per day.
 - 4. sometimes unhealthy foods can get.....

- 6. the most important meal of the day?
- 7. it's important that you keep.... throughout the day.
- 8. enjoy your.....?
- 9. you must eat this everyday
- 11. how do you stay.....?
- 13. don't eat a lot of.....