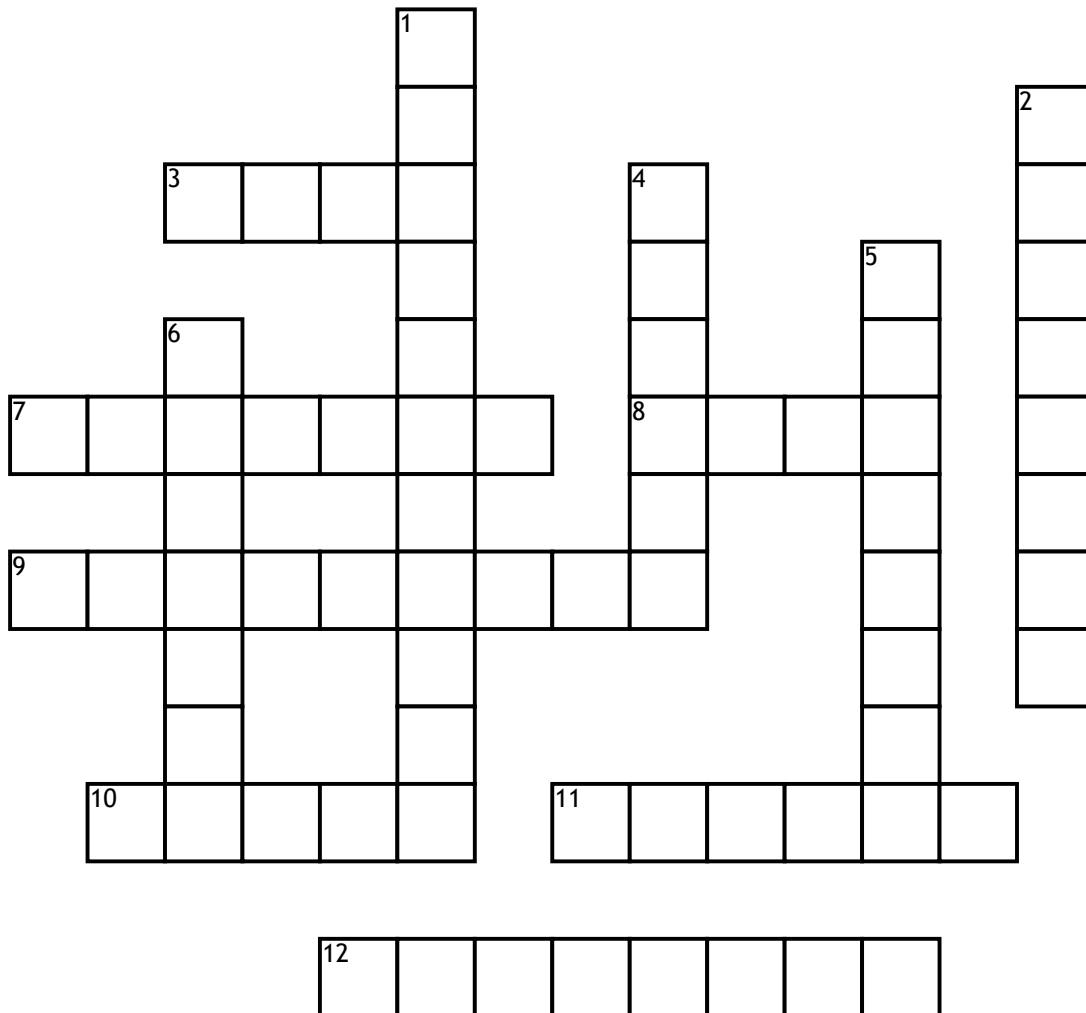


# recap; healthy lifestyle



**Across**

- 3. This organ becomes dry and wrinkly if you do not drink enough water
- 7. A unit of energy
- 8. An example of empty calories
- 9. If you eat too much sugar you are likely to suffer from it

- 10. This fluid carries nutrients and oxygen around the body
- 11. Is often confused with thirst
- 12. Being overweight puts you at a greater risk of getting this

**Down**

- 1. You can become this if you do not drink enough water!

- 2. An indicator of dehydration
- 4. Men have more than women
- 5. This activity burns more calories
- 6. This liquid dehydrates you!