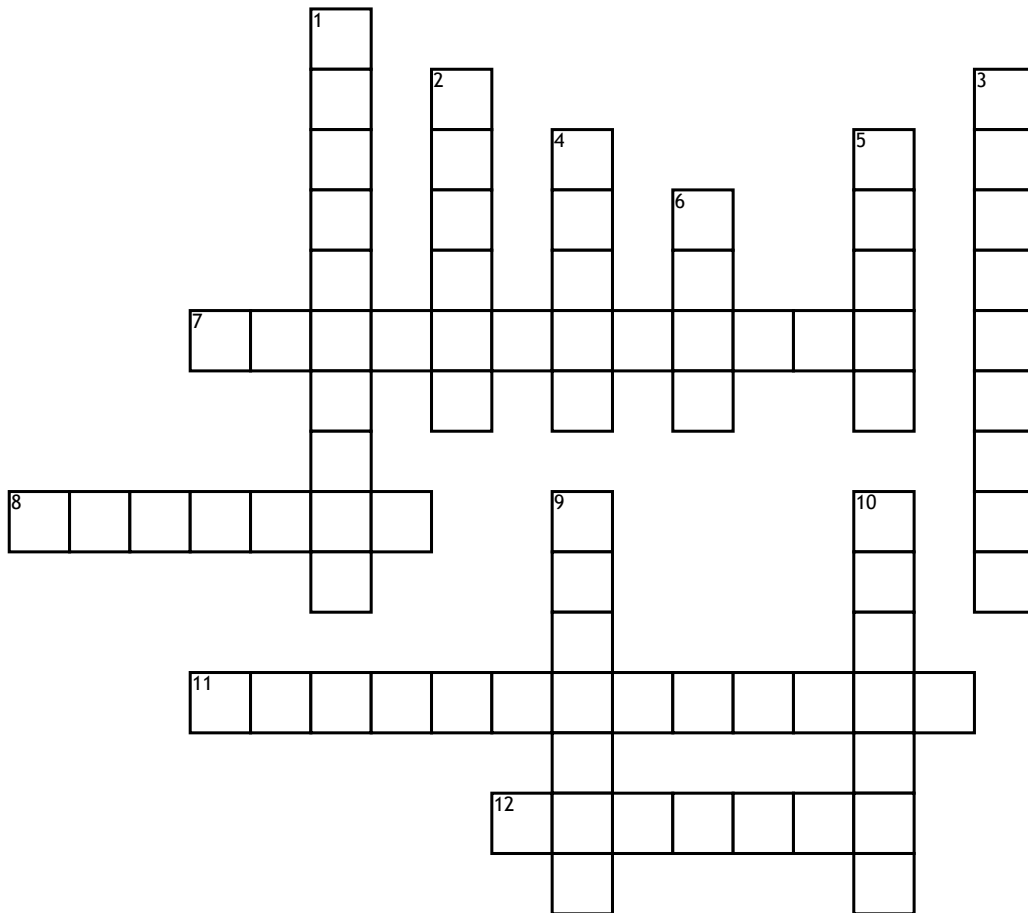


Eat Right Stay Hype



Across

7. Leafy greens, broccoli, celery and corn can help combat _____

8. WW. eating _____ carbohy helps with your digestion

11. Protein functions as _____ for your bones

12. What does water do to the body?

Down

1. _____ have many nutrients

2. Vitamin C is important for _____ of tissues

3. What help prevents cancer?

4. you should eat a colorful selection of

5. The kidneys need this to filter waste from your body

6. Food works as a _____ for your body

9. What filters waste from your body?

10. A type of lean protein

Word Bank

Vegetables

hydrate

chicken

fuel

fruit

Heart Disease

Water

kidneys

Nutrients

growth

buildingblock

complex