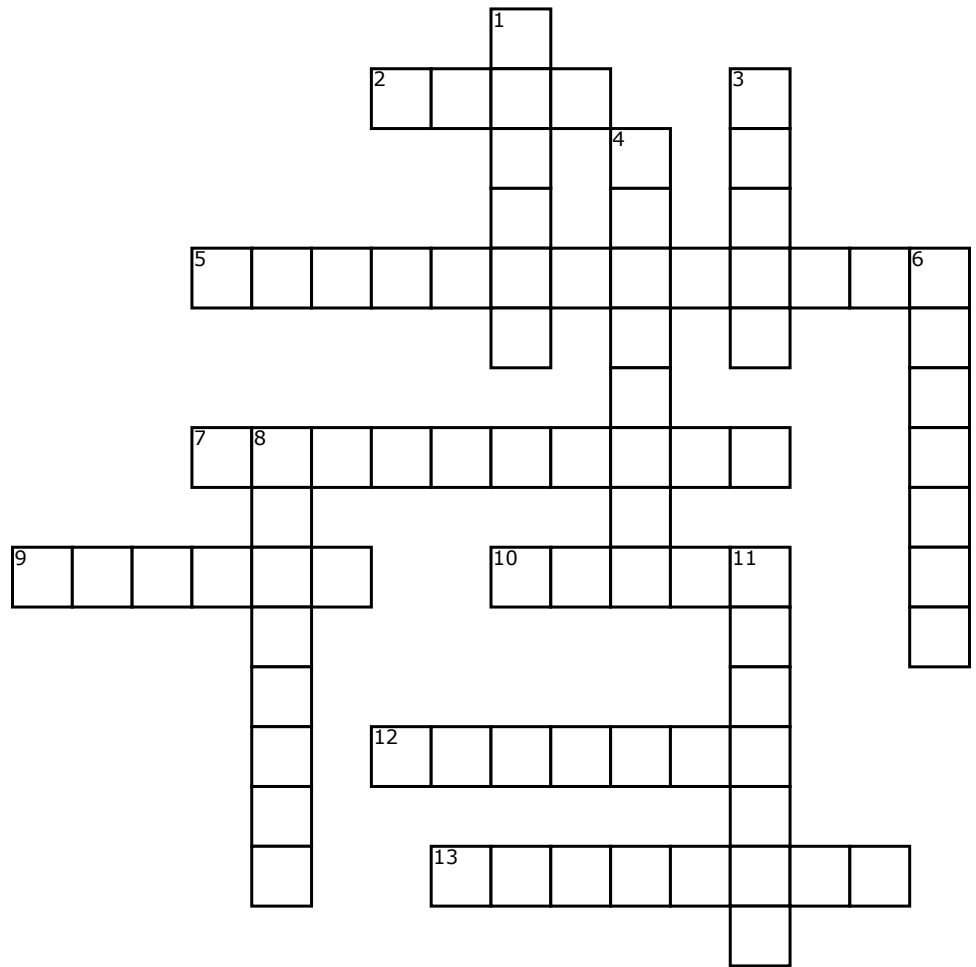


Health and Hygiene



Across

- 2.** It is important to keep this balanced
- 5.** This gives us energy
- 7.** You should do this after exercise
- 9.** You have one every day

10. You need lots of this

12. Make sure to take regular visits to him

13. Your body needs a wide variety of these to keep healthy

Down

1. Always keep an eye on it

3. This happens during exercise

4. you take this when you are ill

6. You put it in your hair

8. Doing this will keep you in shape

11. It makes us grow