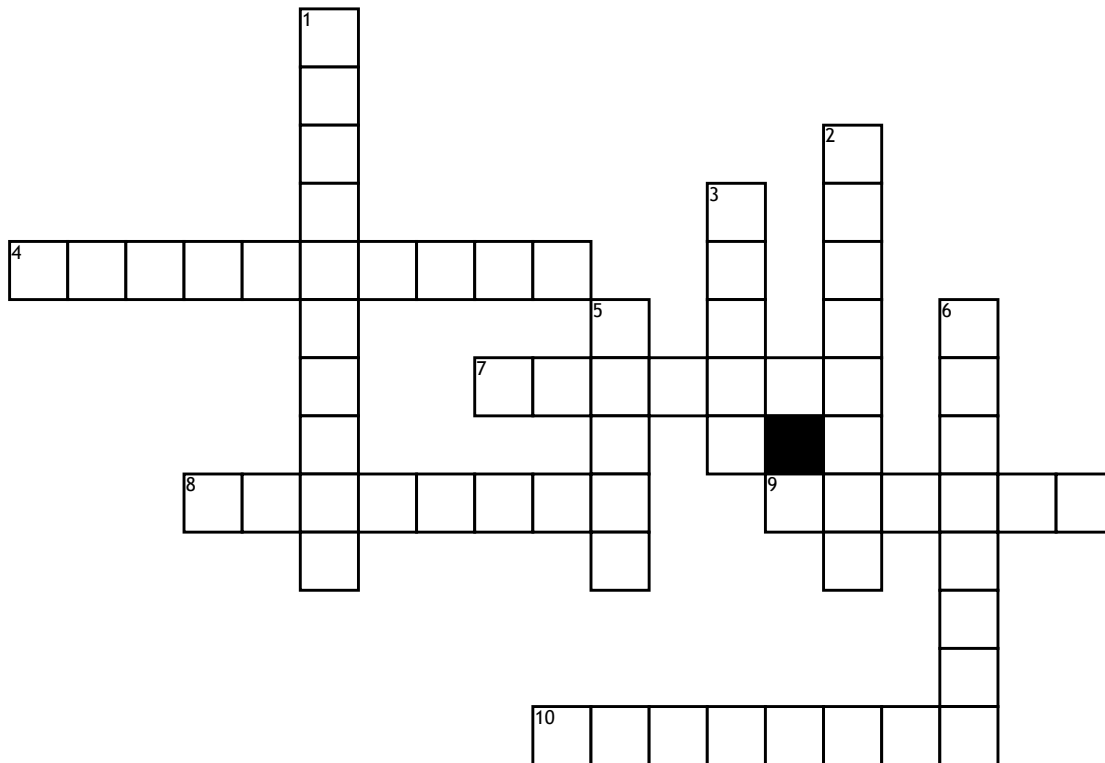


Healthy Body, Healthy Mind



Across

4. Food can be this
7. Milk and Yogurt contains this
8. Running, Cycling and Swimming
9. You burn this off when exercising
10. Eating a wide variety of foods helps maintain this

Down

1. These can be found on your Sunday lunch
2. Take these to help keep you healthy
3. Apples, Bananas and Pears
5. You do this on a night
6. Need to drink lots of water