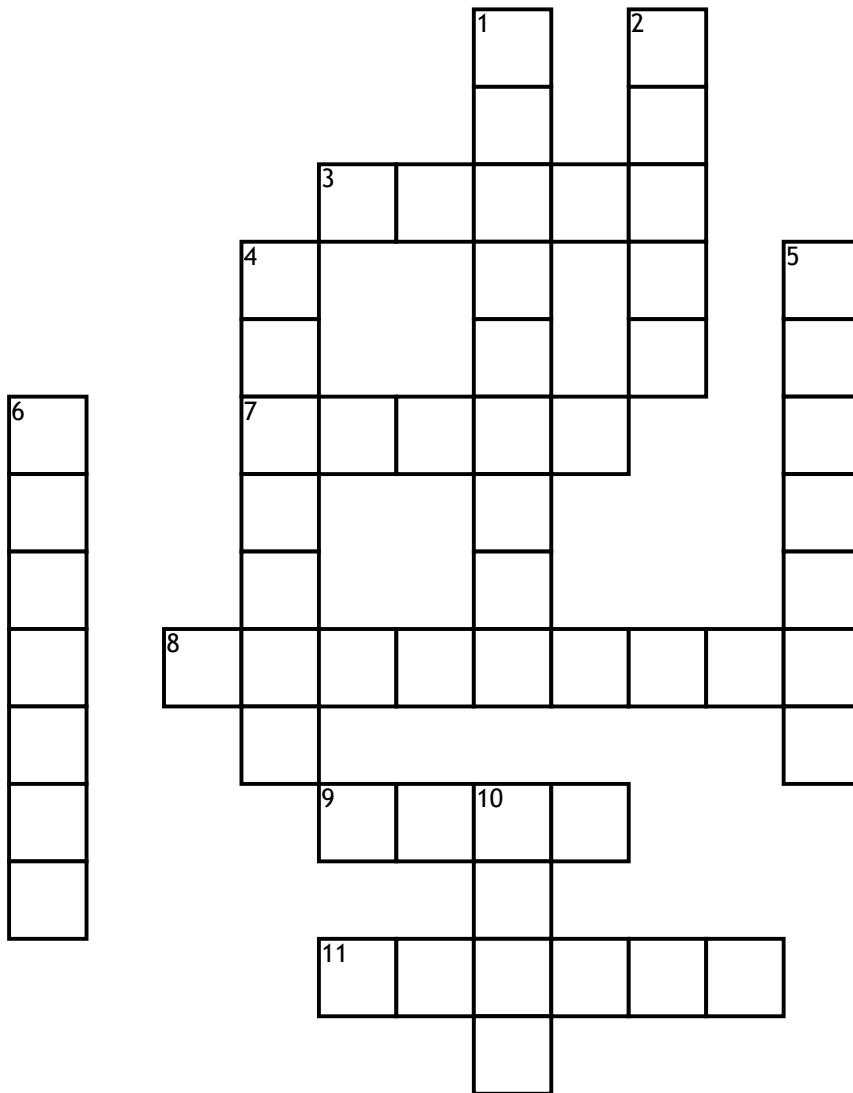


Healthy Eating



Across

3. This keep us hydrated?
 7. An over weight person is called _____
 8. oranges and lemon contain lots of _____
 9. It is a source of fats often eaten in India?
 11. Deficiency of iron causes _____

Down

1. Banana contain a lots of _____
 2. which is healthiest carbs(carbohydrates)or fats?
 4. which nutrient is important for building the body?
 5. what kind of diet should we have?
 6. It helps strengthen bones and teeth?
 10. Deficiency of vitamins A effect the _____