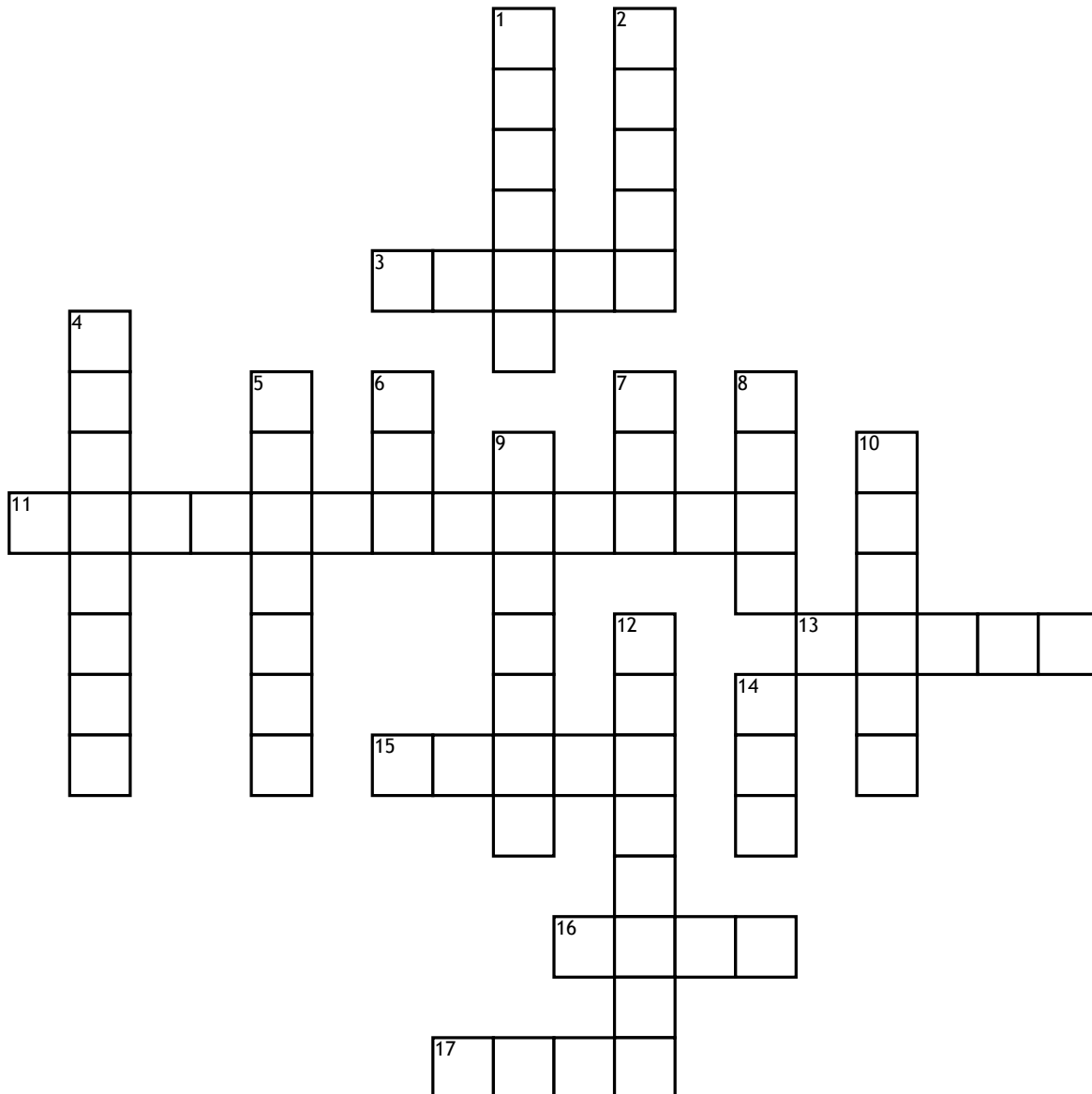


Name: _____

Date: _____

Healthy Eating



Across

- 3. You should drink plenty of this
- 11. Potatoes belong to this food group
- 13. One of your five a day
- 15. People who do not eat healthily risk becoming this
- 16. A great source of Calcium
- 17. We should eat this amount of recommended fruit and veg a day

Down

- 1. What fruit is red and can be found in a salad and is a great source of vitamins
- 2. This rots your teeth
- 4. We need this vitamin to keep our bones healthy
- 5. Chicken belongs to this food group
- 6. The unhealthiest way to cook food
- 7. We should have limited amounts of this

8. We get iron from eating this

9. A great source of vitamin C

10. We get this from food

12. Doing this along with healthy eating will keep us fit and well

14. Fizzy drinks that rot our teeth