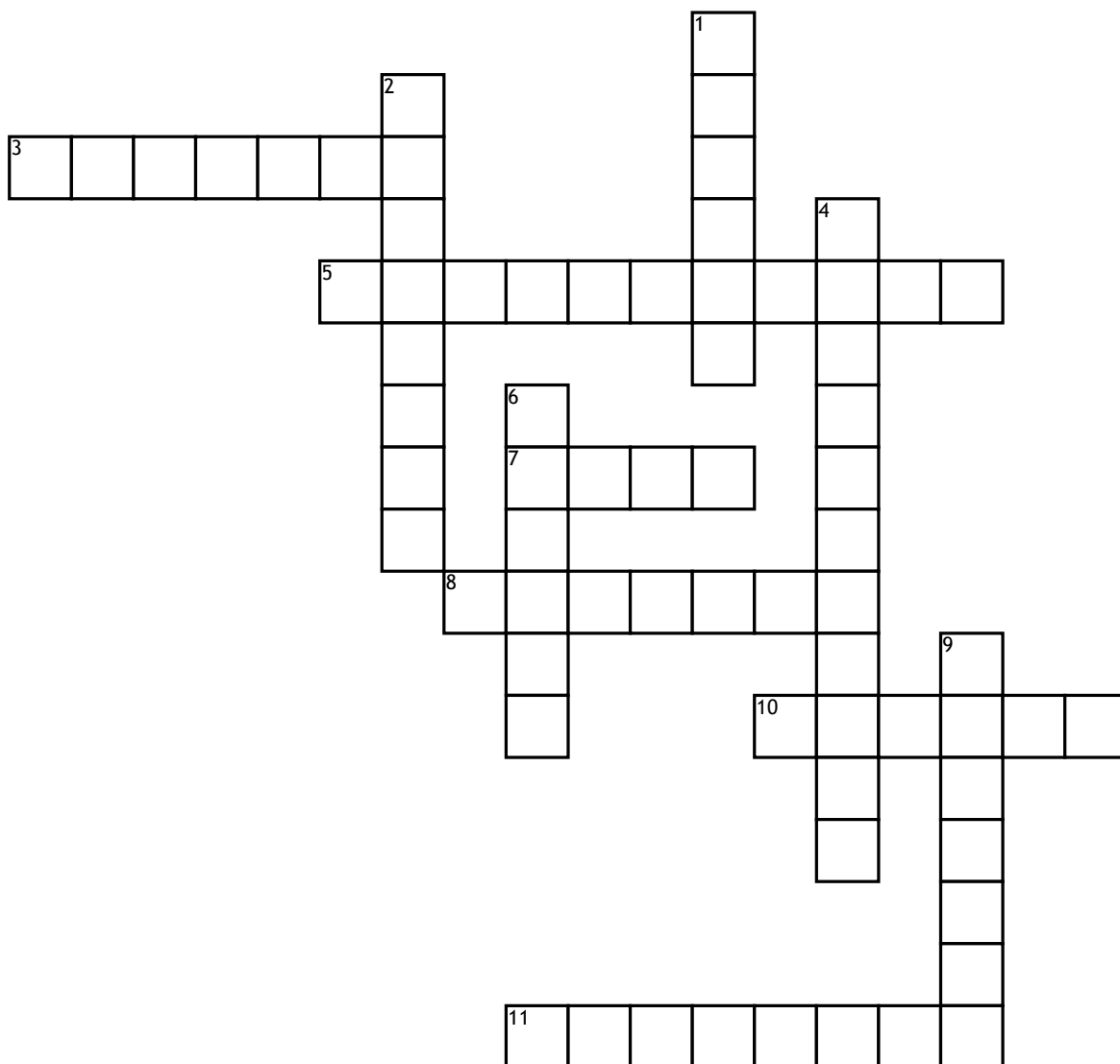


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Healthy Eating during lock-down



## Across

- 3. Healthy eating refers to a healthy dietary
- 5. Buying more than you need due to anxiety
- 7. A good form of protein
- 8. Should be avoided or reduced to support eating healthy
- 10. Improves due to healthy eating

- 11. Works well in combination with healthy eating

## Down

- 1. Necessary variety on your plate
- 2. Form of healthy nuts
- 4. Paying attention to your food in the moment, without judgment
- 6. The groundwork of all happiness
- 9. Isolation challenge influencing healthy eating