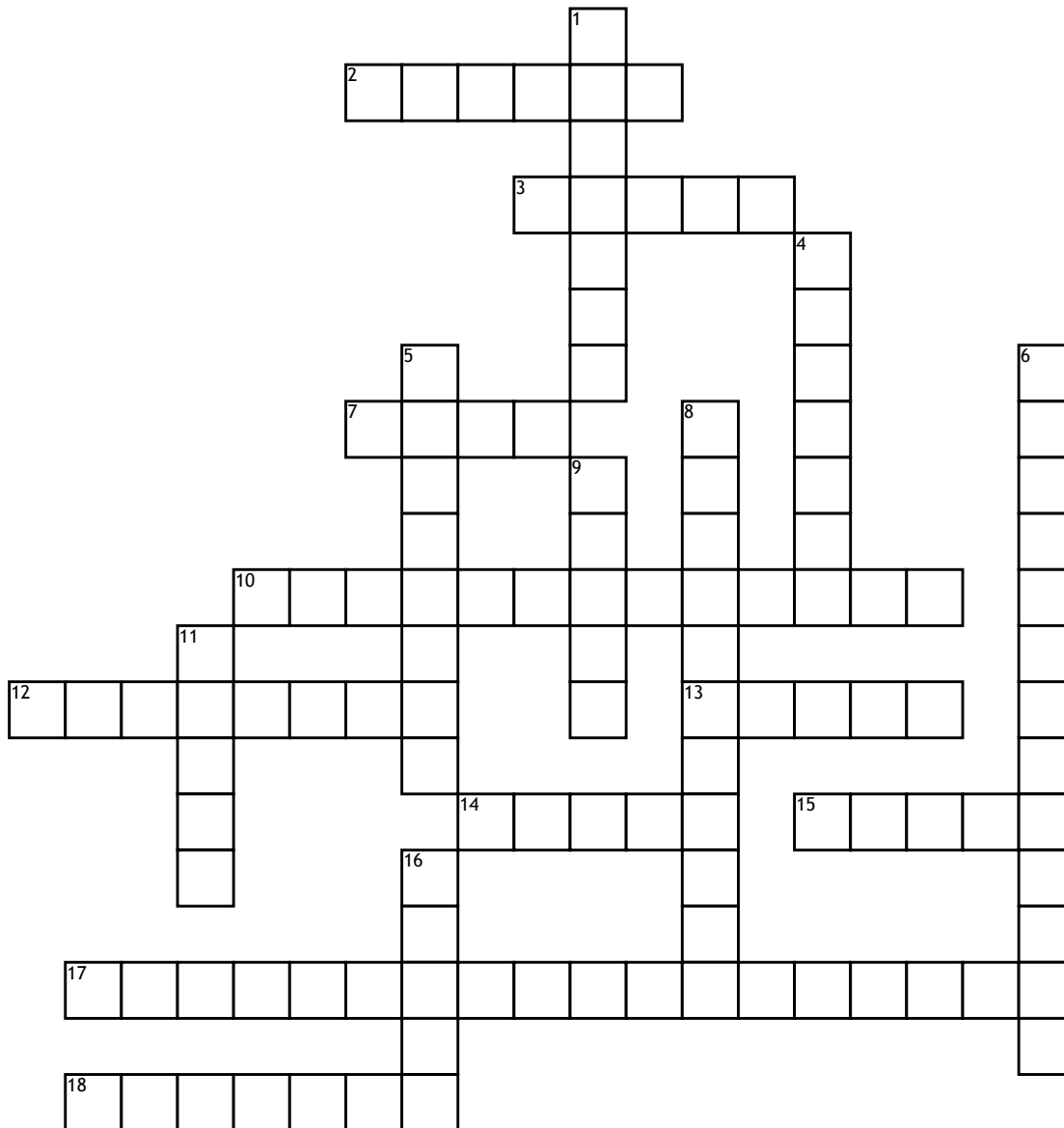


Name: _____

Date: _____

Healthy Living



Across

2. Gala or granny smith
 3. A lack of this may make you snack more
 7. You should only eat 6g per day of this
 10. When the amount of calories you consume is EQUAL to the amount of energy calories your body uses during activity during a day, you will have
 12. Running, sport and walking etc
 13. Too much of this can cause tooth decay and/or diabetes

14. Over 50% of adults in the uk are overweight or
 15. You should to drink 6-8 glasses of this per day
 17. The amount of energy required by the body to maintain minimum essential life functions.

18. These are renowned for helping you see in the dark

Down

1. Eating your fruit and veg will make you this
 4. Found in meat, fish and eggs

5. Men should have around 2500 of these per day
 6. Starches found in fruit and veg
 8. Too much fat in your diet can make this rise
 9. Wholegrain breakfast cereals, wholewheat pasta, wholegrain bread and oats are rich in this
 11. 1 of your 5 a day
 16. You should aim for 10,000 of these per day to maintain a healthy heart