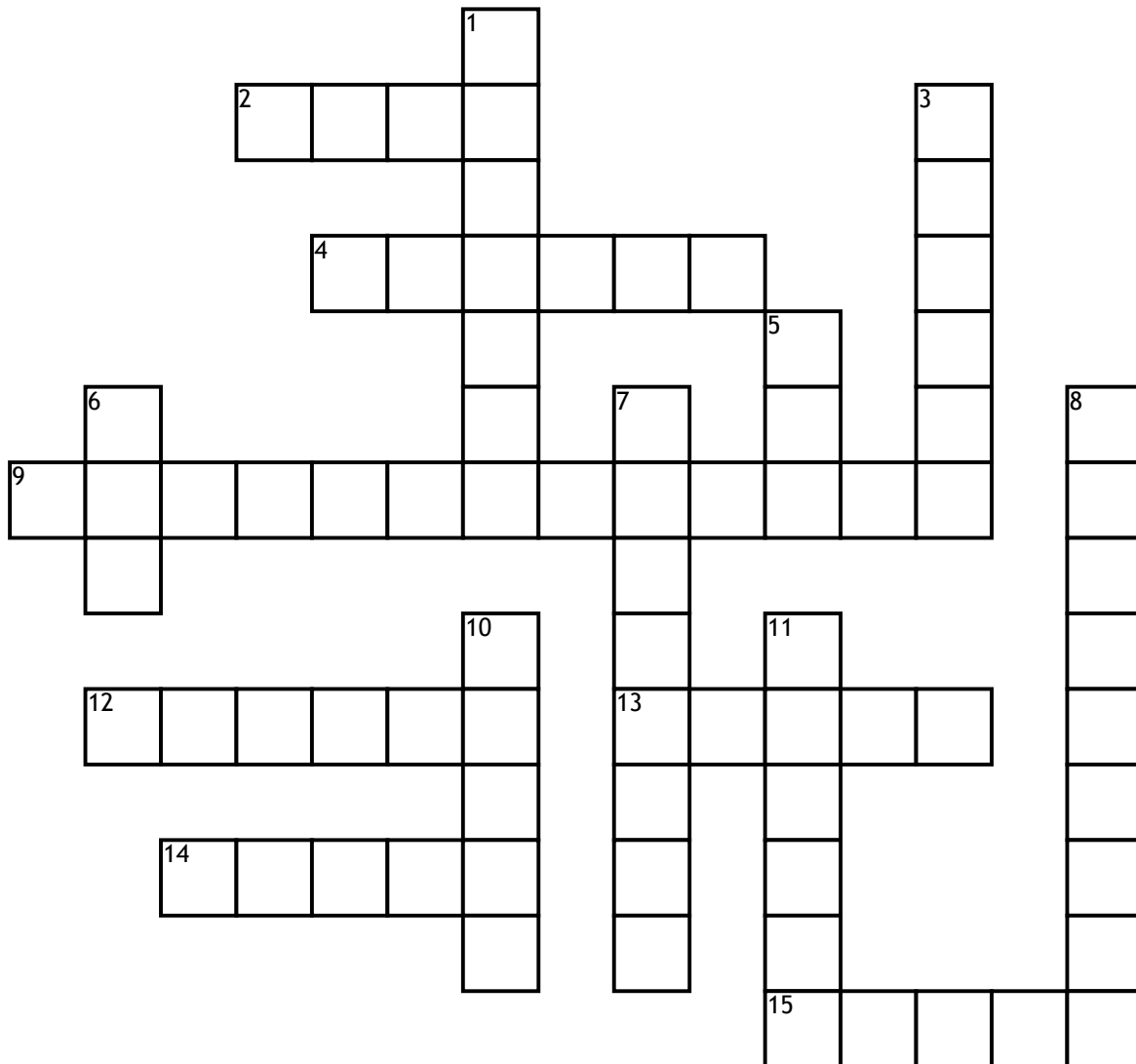


Name: _____

Date: _____

Healthy quiz



Across

2. How many portions of fruit and/or veg should you have a day
4. Food can give the body more...
9. Name the missing food group: fats, protein, minerals, vitamins and...
12. Your brain is like a...
13. Potatoes, cereal, bread and pasta contain high amounts of this nutrient

14. In the Wizard of Oz, Trees threw this type of fruit at Dorothy, Tin Man and lion
15. How many cups of water should you drink a day?

Down

1. What percentage of the body is made up of water
3. This fruit is usually found in bunches
5. What should you not do before exercising

6. How often should you exercise once a ...
7. This green vegetable can be compared to a tree
8. The most important meal of the day
10. How many teaspoons of sugar can be found in a 60g bar of chocolate
11. The fruit that doesn't rhyme with anything