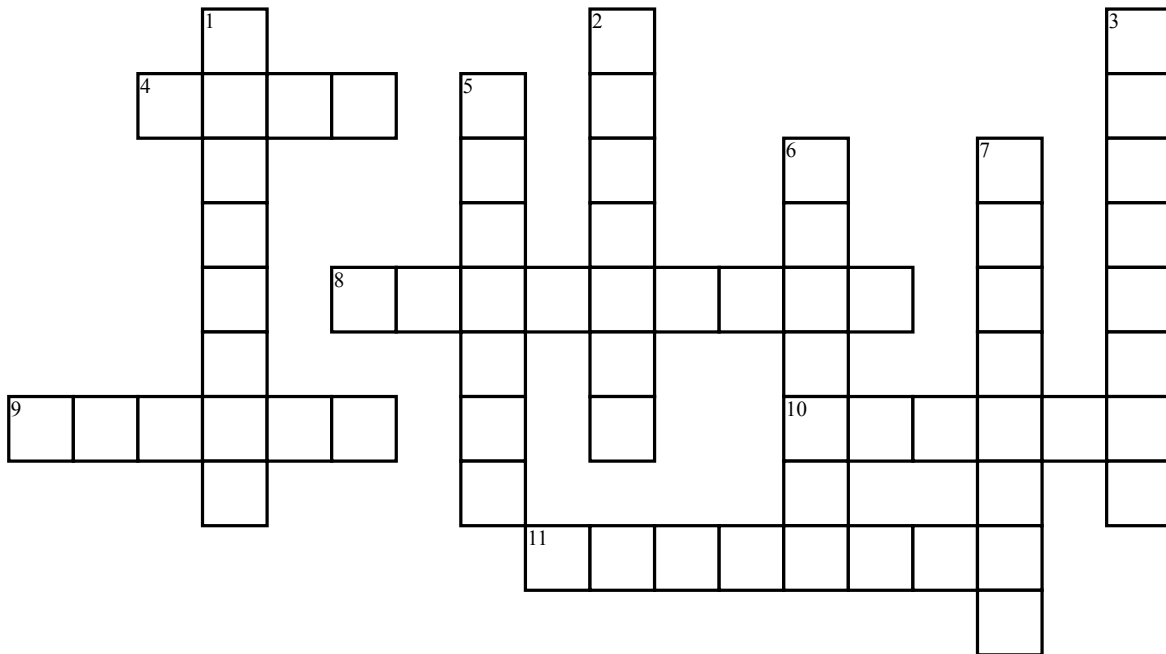


Liam Brennan



Across

- 4. It is important to have a balanced one
- 8. We need these in order to live and grow
- 9. It is important to look after this
- 10. Connected to your bones and help you move
- 11. Can help resist against illness

Down

- 1. A chemical that your body needs to stay healthy

- 2. Extremely fat that is dangerous to your health
- 3. Eating too many of these will cause you to gain weight
- 5. A substance found in milk and meat that we need for the body to grow and be strong
- 6. The correct weight for your height
- 7. It is important to do this regularly