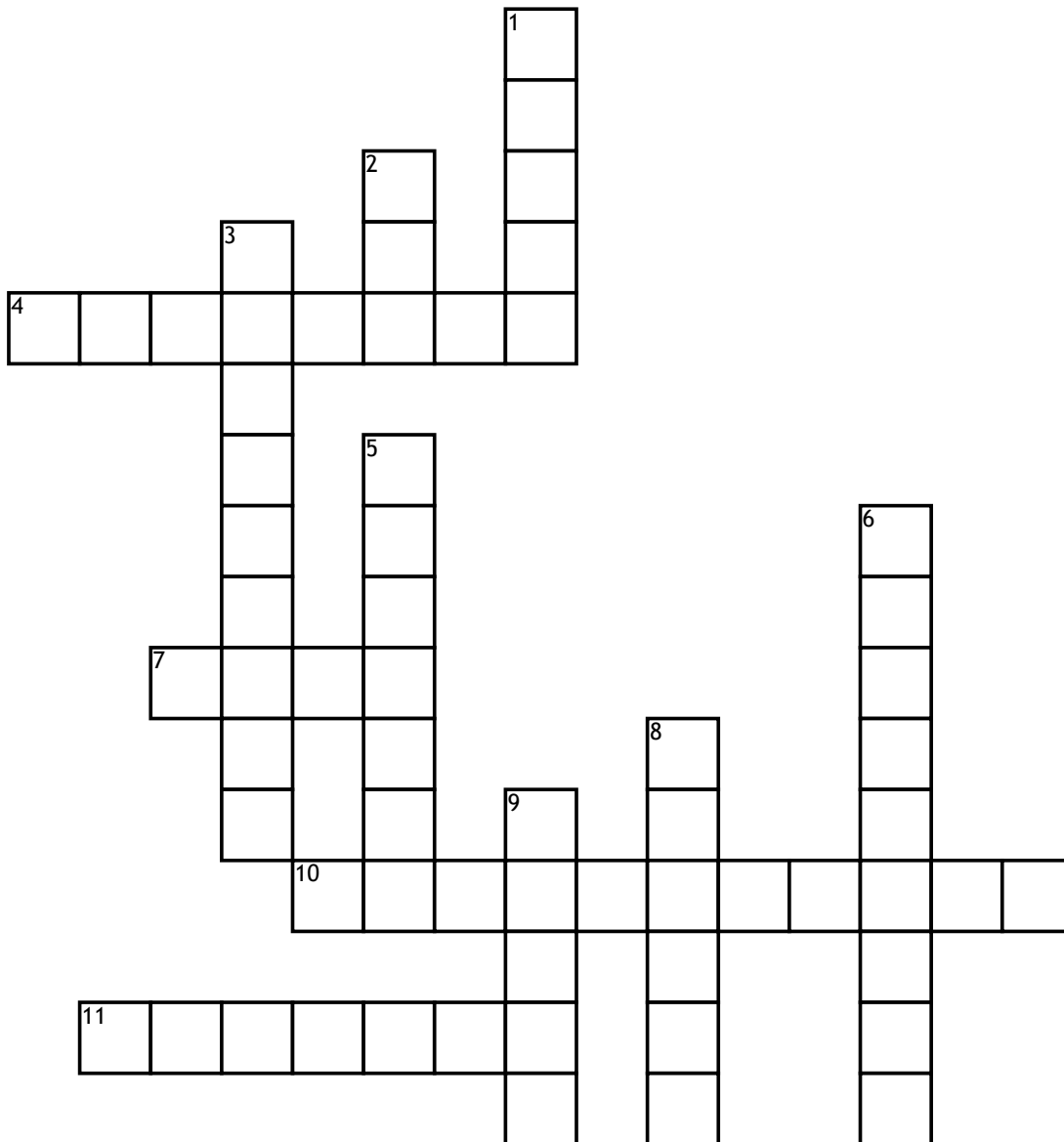


Name: \_\_\_\_\_

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

# Tops Summer Fun



## Across

4. A way to burn calories

7. What you eat or your eating plan

10. The good fats

11. A measure of food value

## Down

1. \_\_\_\_\_ Recognition Days

2. A measure of body weight relative to height

3. You walk indoors on this

5. The amount of food served in one occasion

6. The process of the body using food to sustain life

8. Take off Sensibly

9. Drink this