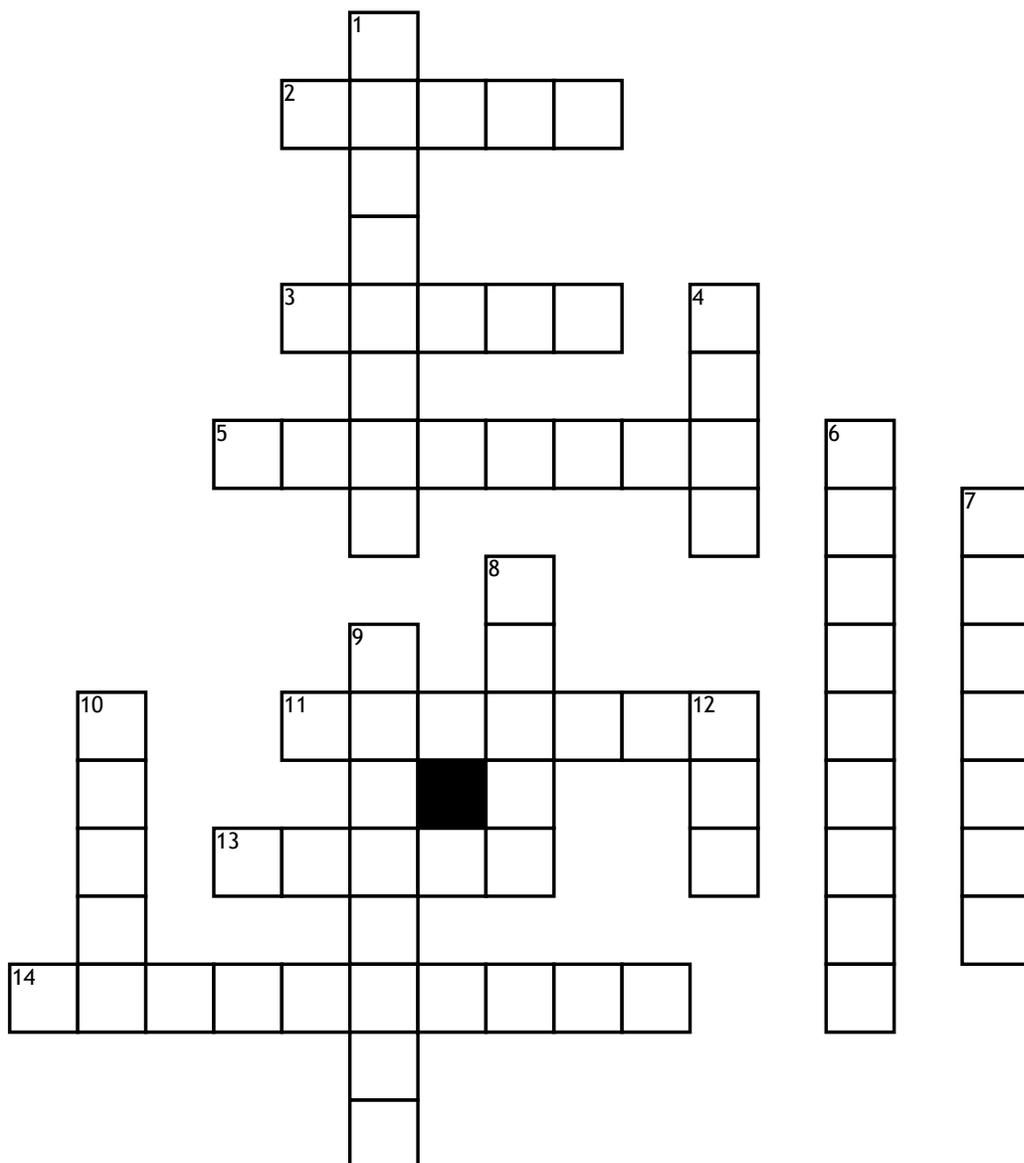


# Tutorial



## Across

2. Containing or made from milk.
3. The sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.
5. Activity requiring physical effort, carried out to sustain or improve health and fitness.
11. The activity of running at a steady, gentle pace as a form of physical exercise.

13. A colourless, transparent, odourless liquid that forms the seas, lakes, rivers, and rain and is the basis of the fluids of living organisms.

14. A plant or part of a plant used as food, such as a cabbage, potato, turnip, or bean.

## Down

1. A measure of energy expenditure and stored energy.

4. The kinds of food that a person, animal, or community habitually eats.

6. A game with a racket and shuttlecocks

7. A part of a whole.

8. Sweet, white small grains

9. A team game that involves kicking a ball about

10. Excessively overweight

12. A place providing a range of facilities designed to improve and maintain physical fitness and health.