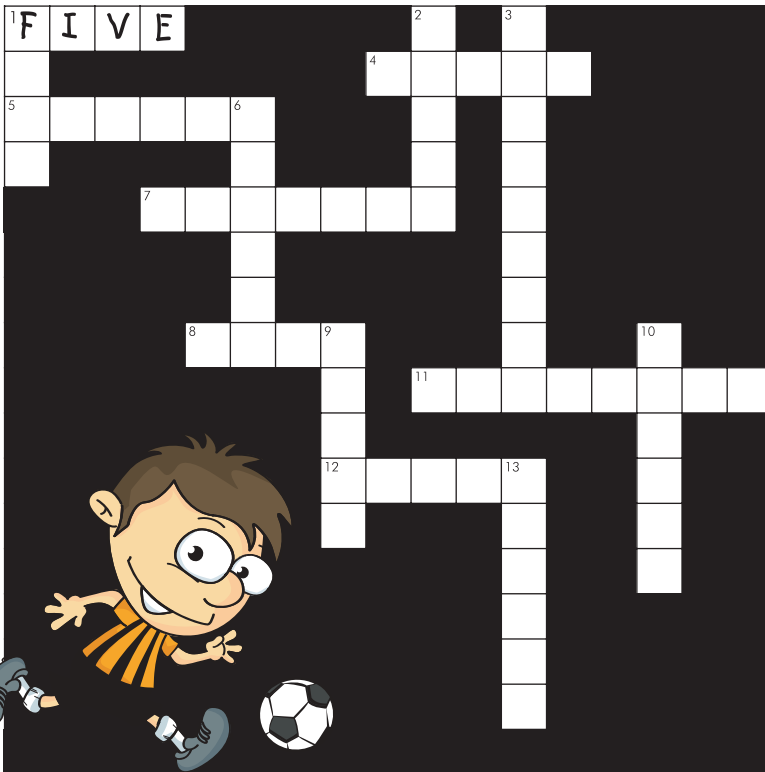


Crossword

Across

1. You should eat FIVE portions of fruit and vegetables per day. (4)
4. Each day you should drink at least 6-8 cups of _____. (5)
5. A red coloured fruit found in salads. (6)
7. Eating a balanced diet helps you to stay _____. (7)
8. A vegetable that is green and grows in pods. (4)
11. You should drink more water before, during and after _____. (8)
12. Granny Smith is a type of _____. (5)



Down

1. Oils and butters belong in this food group. (4)
2. Cheese belongs in this food group, milk and _____ foods. (5)
3. A carrot is a type of _____. (9)
6. This fruit can be used to make a popular drink, _____ juice. (6)
9. Eating too many sweets is unhealthy because they have lots of _____ in them. (5)
10. On average, a human drinks 75000 _____ of water in their lifetime. (6)
13. Eating a balanced diet gives you _____ to play with your friends. (6)