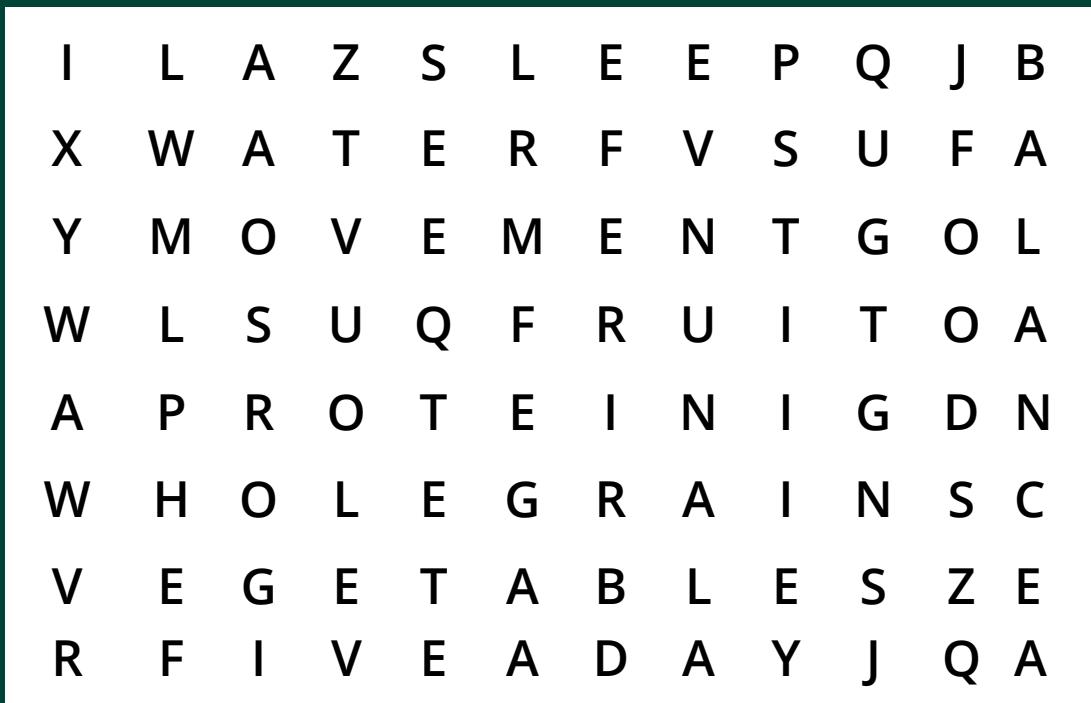


# What makes a healthy lifestyle?

**TASK: FIND THE FOLLOWING WORDS IN THE PUZZLE.  
WORDS ARE HIDDEN → AND ↓**



**BALANCE**  
**FIVE A DAY**  
**FOOD**  
**FRUIT**  
**WHOLEGRAINS**  
**MOVEMENT**  
**PROTEIN**  
**SLEEP**  
**WATER**  
**VEGETABLES**



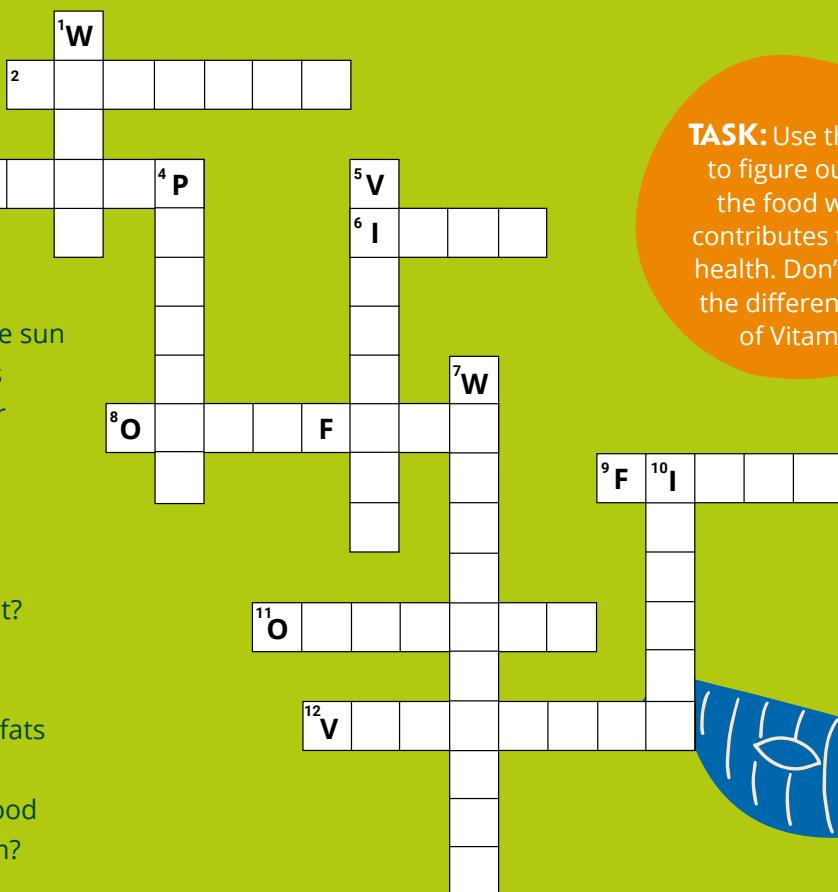
## NUTRIENTS and their importance in the food we eat

### DOWN

- What makes us feel hydrated and focused?
- The macronutrient that helps the body to grow and repair
- The vitamin we get mainly from the sun
- The best sources of carbohydrates
- The name of our body's system for fighting off illness

### ACROSS

- A mineral found in dairy foods
- What do we need lots of each night?
- Green leafy vegetables are a plant source of this mineral
- A source of vitamin D and healthy fats (2 words each with 4 letters)
- What do we consume that helps food move through the digestive system?
- They are a source of vitamin C
- The vitamin responsible for keeping skin and eyes healthy



**TASK:** Use the clues to figure out how the food we eat contributes to good health. Don't forget the different types of Vitamins!

ACROSS  
1. Water / 4. Protein / 5. Vitamin D / 7. Wholegrains / 10. Immune  
2. Calcium / 3. Sleep / 6. Iron / 8. Oily Fish / 9. Fibre / 11. Oranges / 12. Vitamin E  
DOWN  
1. Water / 4. Protein / 5. Vitamin D / 7. Wholegrains / 10. Immune  
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**ANSWERS**