

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



I	L	A	Z	S	L	E	E	P	Q	J	B
X	W	A	T	E	R	F	V	S	U	F	A
Y	M	O	V	E	M	E	N	T	G	O	L
W	L	S	U	Q	F	R	U	I	T	O	A
A	P	R	O	T	E	I	N	I	G	D	N
W	H	O	L	E	G	R	A	I	N	S	C
V	E	G	E	T	A	B	L	E	S	Z	E
R	F	I	V	E	A	D	A	Y	J	Q	A

NUTRIENTS and their importance in the food we eat

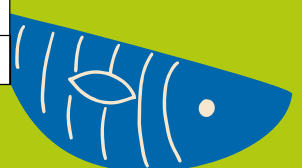
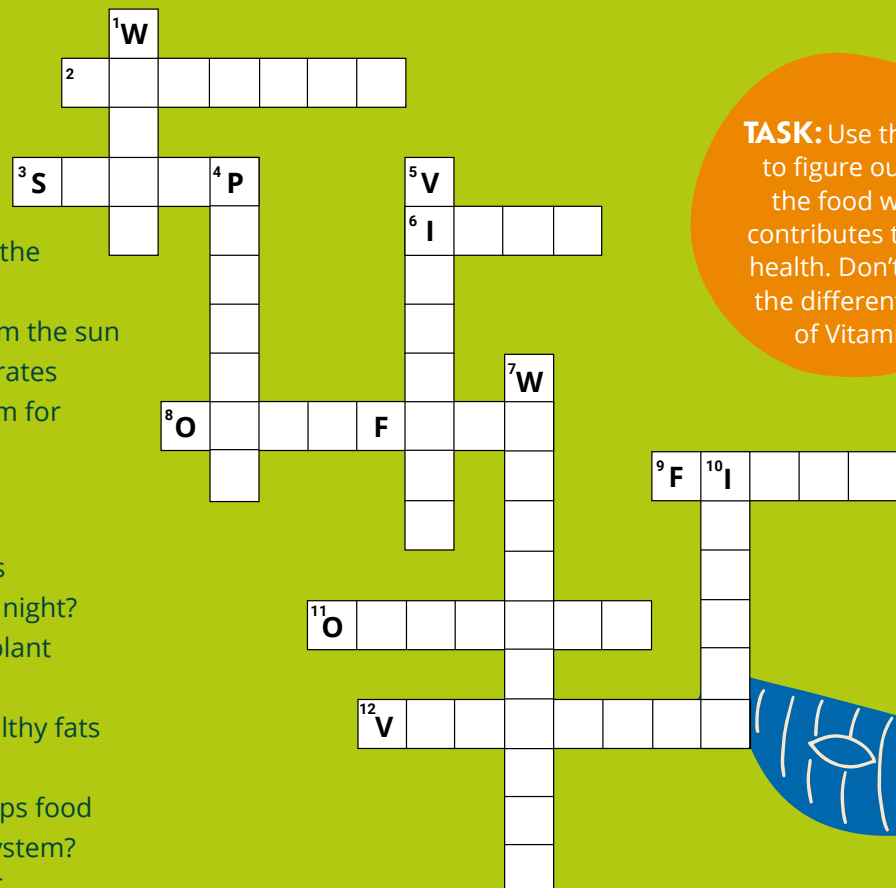
DOWN

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

ACROSS

2. A mineral found in dairy foods
3. What do we need lots of each night?
6. Green leafy vegetables are a plant source of this mineral
8. A source of vitamin D and healthy fats (2 words each with 4 letters)
9. What do we consume that helps food move through the digestive system?
11. They are a source of vitamin C
12. 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!



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