



Across

- 2. running, sport and walking etc
- 5. _____ should be prepared with little or no added fat, sugar or salt. You should have this more often than juice.
- 6. a form of play or sport, especially a competitive one played according to rules and decided by skill, strength, or luck.
- 8. This dairy product should be eaten in small portions because of its above average fat content
- 10. Orange juice is very high in this vitamin

Down

- 1. eating your fruit and veg will make you this
- 3. A list of ingredients and directions to make something (e.g. soup, cookies, pizza)
- 4. The most important meal of the day.
- 7. One of the more overlooked nutritional components, this should be consumed daily in liquid form
- 8. the practice or skill of preparing food by combining, mixing and heating ingredients.
- 9. the action or skill of reading written or printed matter silently or aloud.

Answers

- Breakfast, The most important meal of the day.
- Vitamin, Orange juice is very high in this vitamin
- Water, One of the more overlooked nutritional components, this should be consumed daily in liquid form
- Cheese, This dairy product should be eaten in small portions because of its above average fat content
- Fruit, _____ should be prepared with little or no added fat, sugar or salt. You should have this more often than juice.
- Recipe, A list of ingredients and directions to make something (e.g. soup, cookies, pizza)
- Healthy, eating your fruit and veg will make you this
- Exercise, running, sport and walking etc
- Game, a form of play or sport, especially a competitive one played according to rules and decided by skill, strength, or luck.
- Reading, the action or skill of reading written or printed matter silently or aloud.
- Cooking, the practice or skill of preparing food by combining, mixing, and heating ingredients.

