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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Healthy Living

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| **Across**  **6.** Most important drink for your body  **7.** When the body doesn't get enough nutrients  **8.** Food group including milk, cheese and yogurt  **9.** Something you need 9.5 hours of every night  **10.** Food group including apples, bananas and oranges | **Down**  **1.** Food group including carrots, green beans and broccoli  **2.** food group including fish, chicken, eggs, beans and nuts  **3.** Physical activity that helps heart and lungs  **4.** Food group including bread, rice and noodles  **5.** A substance that causes change in body or mind |