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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 |