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Physical Education

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| **Across**  **7.** The addition of nutrients to foods at such a level as to make a major contribution to the diet.  **9.** a special course of food to which one restricts oneself, either to lose weight or for medical reasons.  **13.** When you reach for your toes  **14.** What do you call when you can’t eat meat?  **15.** A bar with granola  **16.** When you pretend to sit down in the air and have your arms either crossed or in front of you  **17.** When you March and you reach for the opposite arm and leg  **19.** food or provisions  **20.** the action or fact of maintaining or supporting oneself at a minimum level. | **Down**  **1.** When you’re in a weight loss journey  **2.** A shake that includes protein  **3.** When you run to lose weight  **4.** A period where you exercise  **5.** A mix of greens, protein, etc.  **6.** the branch of knowledge concerned with the diet and its effects on health, especially with the practical application of a scientific understanding of nutrition.  **8.** The energy providing food constituents which consist of starch, sugars and fibres are called…  **10.** Jumping up and down while moving your arms up and down  **11.** What is the measurement of 6 laps? (In Mater Academy Bay)  **12.** A healthy diet throughout life promotes healthy pregnancy outcomes, supports normal growth, development and ageing, helps to maintain a healthy body weight, and reduces the risk of chronic disease leading to overall health and well-being.  **18.** A liquid that hydrates |