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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  |