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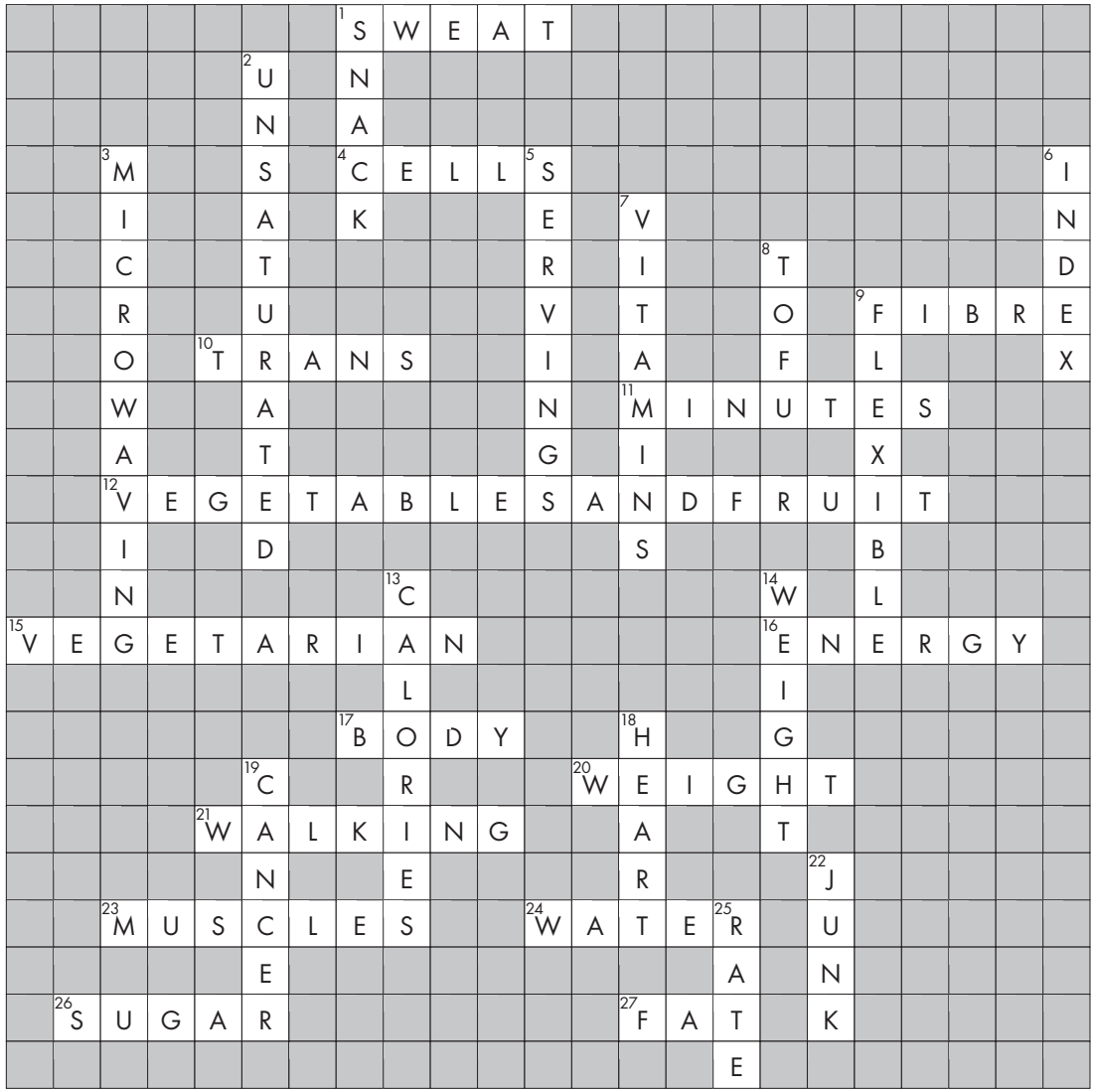
Hi5Living Crossword #3

Answers



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The answers to all of these clues can also be found at www.Hi5Living.org.

ACROSS

1 Work hard enough to break a _____
4 Cancer is a disease where body _____ grow out of control
9 Makes you feel full and helps digestion
10 Bad kind of fats
11 Be active for at least 30 _____ , three to five times a week
12 You need 5 or more a day (3 words)
15 Person who eats no meat
16 Activity can give you _____ (opposite of fatigue)
17 _____ Mass Index
20 Eat nutritious food and get plenty of exercise to maintain a healthy body _____
21 Excellent and easy type of activity
23 These grow stronger with use
24 Drink this to stay hydrated
26 Pop contains up to 10 teaspoons of _____
27 Choose low- _____ dairy products or substitutes

DOWN

1 Small amount of food you eat between meals
2 Good fat found in avocados, nuts, and seeds
3 A healthy way to cook food is steaming or _____
5 Have 5 to 10 _____ of vegetables and fruit every day
6 Body Mass _____
7 Food gives you _____ and minerals
8 Form of soy that is a good protein source
9 Stretching exercises can make you more _____
13 What your body burns when you exercise
14 Being over- _____ can lead to health problems
18 Organ that pumps blood
19 A healthy diet can help prevent this disease
22 High-fat, low nutrition food
25 Raise your heart _____ for best exercise results

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