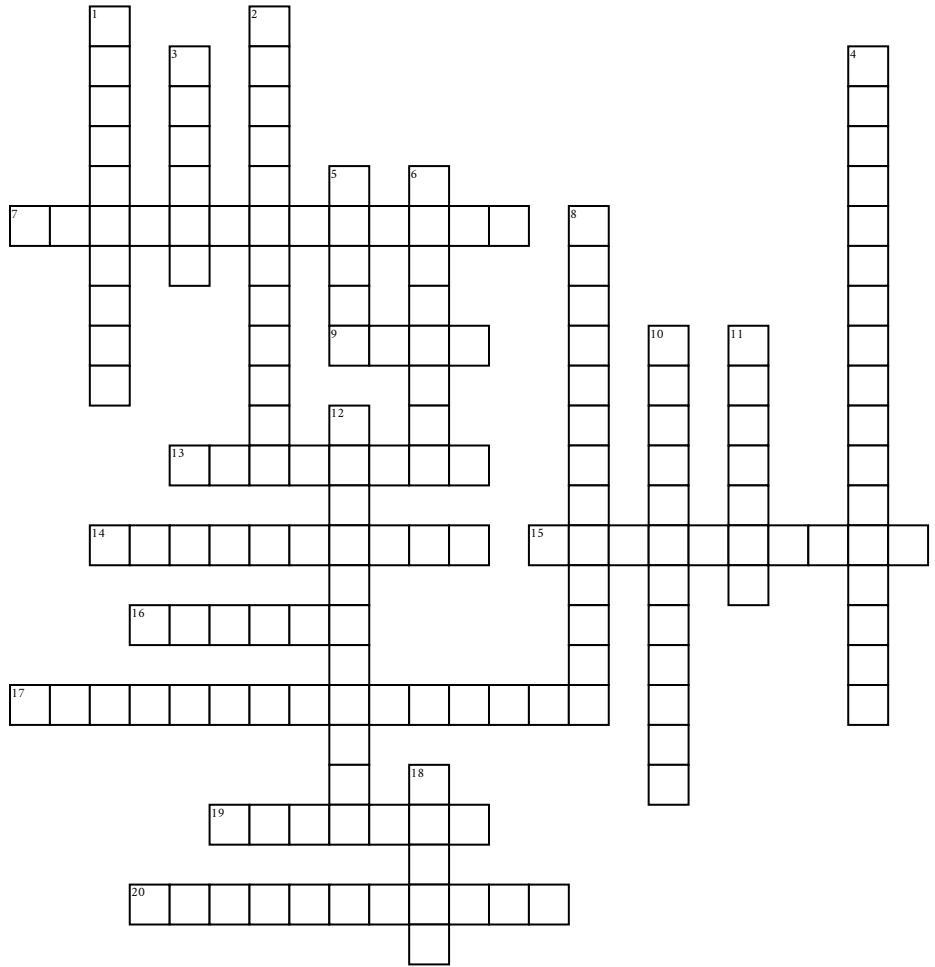


# Physical Education



**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