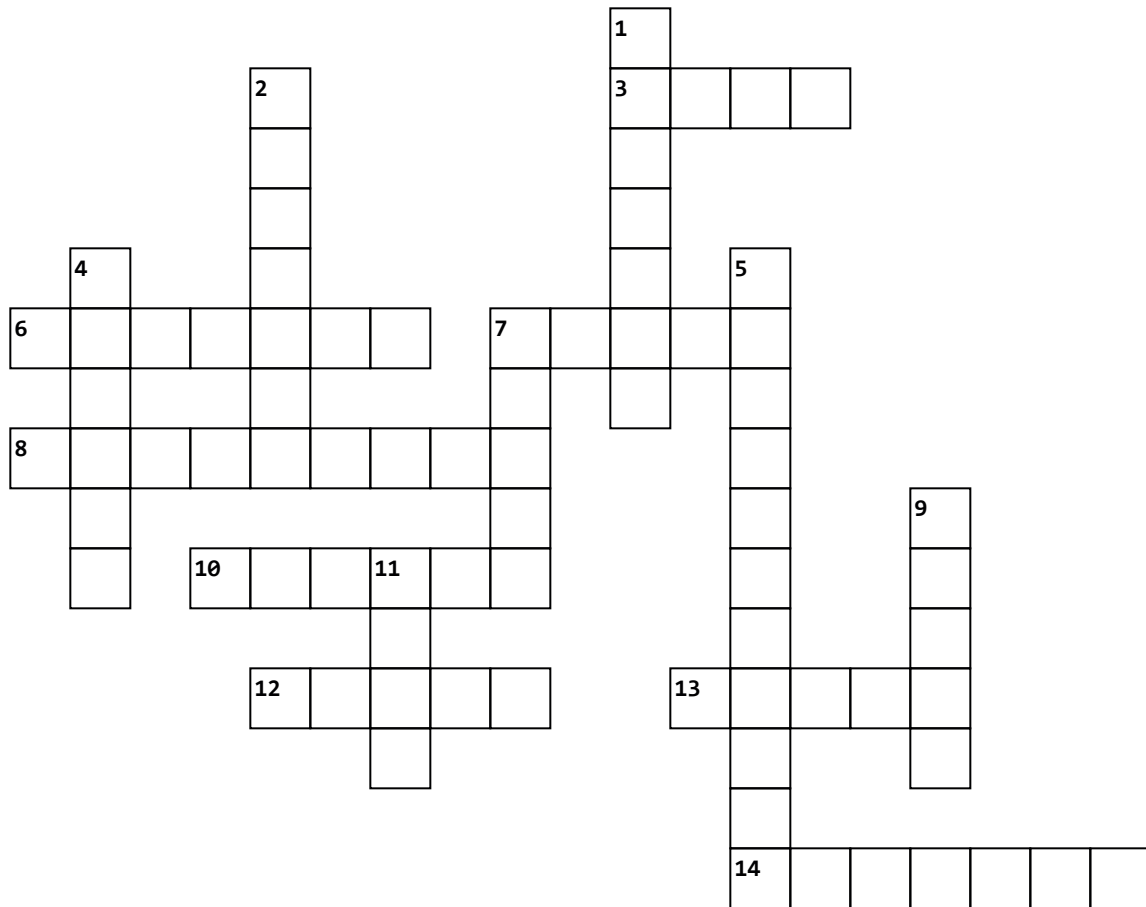


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Across

- 3.** Keep your meats and fish this. (low fat)
- 6.** Eating a ____ of different foods is good for your body.
- 7.** These grains are best for your body.
- 8.** When you think about food your brain tells your stomach to make these juices.
- 10.** This means to break food down into nutrients.
- 12.** In this diet people do not eat ingredients from animals.
- 13.** This filters harmful chemicals from your food.
- 14.** Your stomach may growl as it starts to do this.

Down

- 1.** This is the enemy of the liver.
- 2.** You can find this nut in stir-fry.
- 4.** When you smell food your brain tells your mouth to make this.
- 5.** These people do not eat poultry (birds).
- 7.** You can get your nutrients from this type of pasta.
- 9.** These products should be low or non-fat.
- 11.** Look at the picture. This is a type of protein.