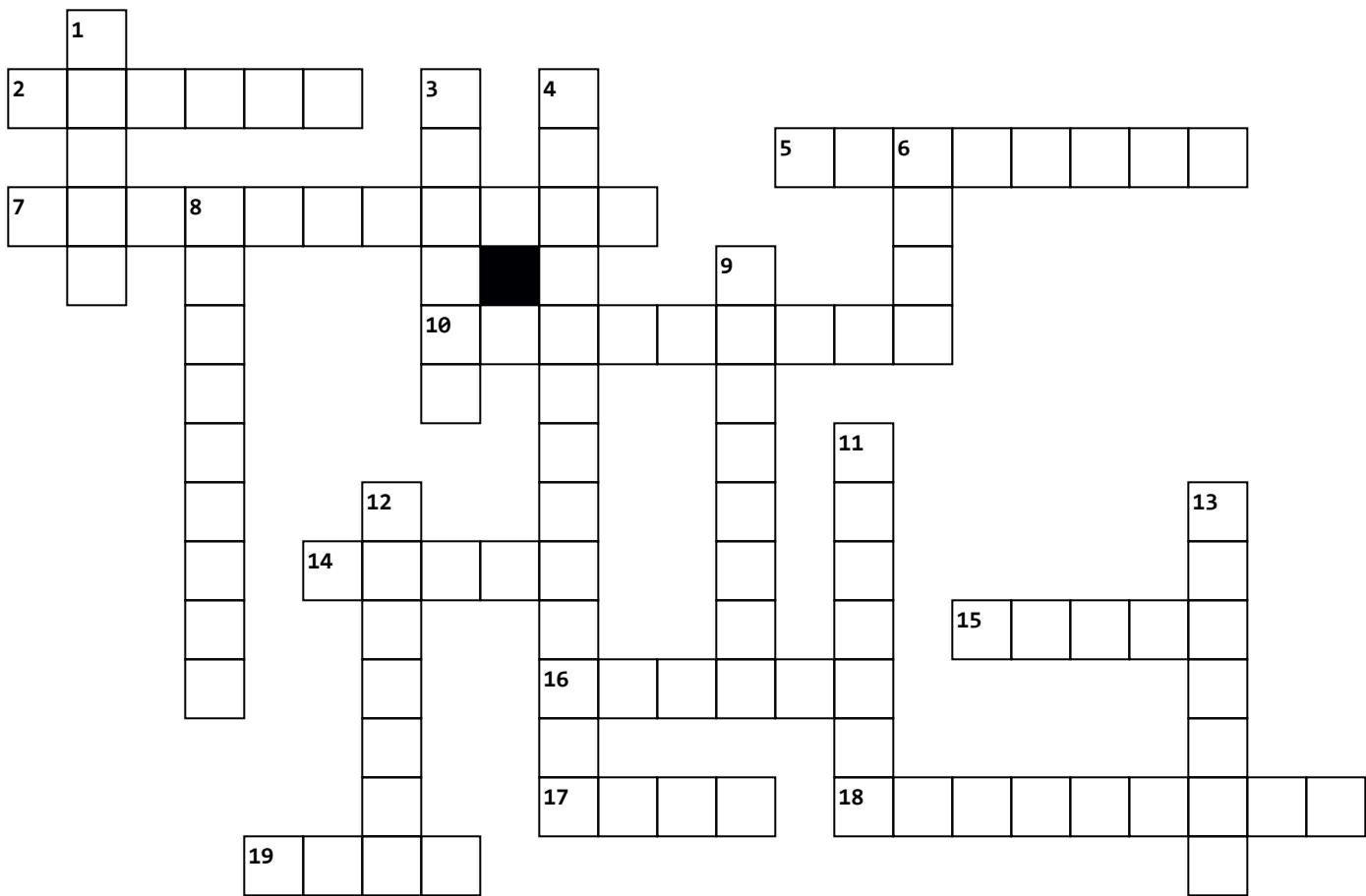


# Health - The Digestive System pg. 3 & 4



## Across

2. This starts to break down the food.
5. These are used to make bones and teeth and blood.
7. Water keeps your body the right \_\_\_\_\_.
10. This pushes the food along.
14. This keeps the digestive system running smoothly.
15. These grains, like oatmeal, are a healthy source of carbohydrates.
16. Nutrients are used to build strong bones and this.
17. Fats keep this from drying out.
18. Food is healthful if it has a lot of this.
19. These foods are less healthful.

## Down

1. This is your body's most important nutrient.
3. You can find fats in this food.
4. These give you energy.
6. Healthy fats can come from this food.
8. If the food is this, then the vitamins and minerals may be destroyed.
9. French fries, chips and cookies have a lot of these.
11. This is your body's building block.
12. Your body needs some kind of vitamin to make blood and build skin.
13. Digestion starts with this.