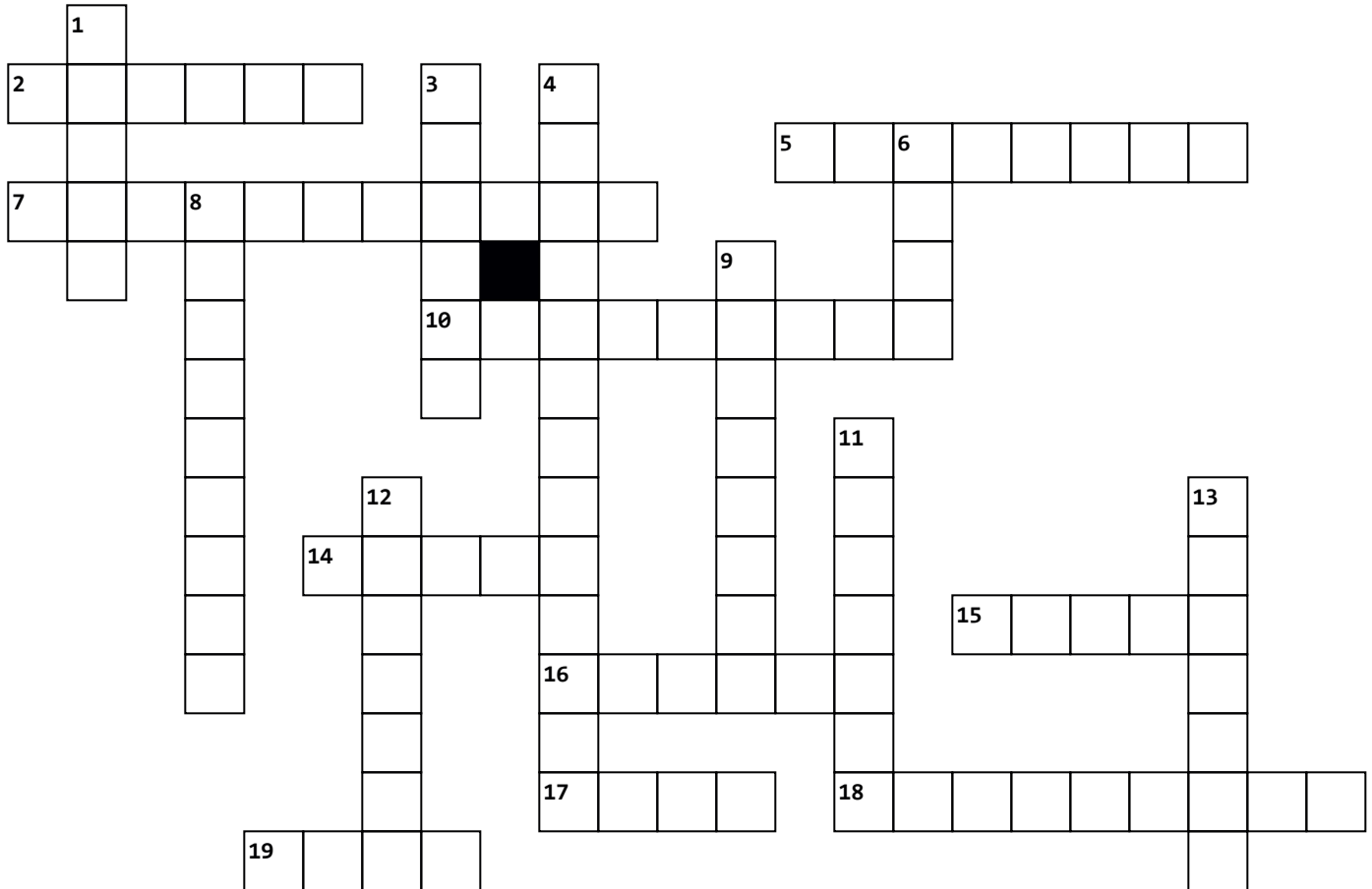


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Across

- 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.