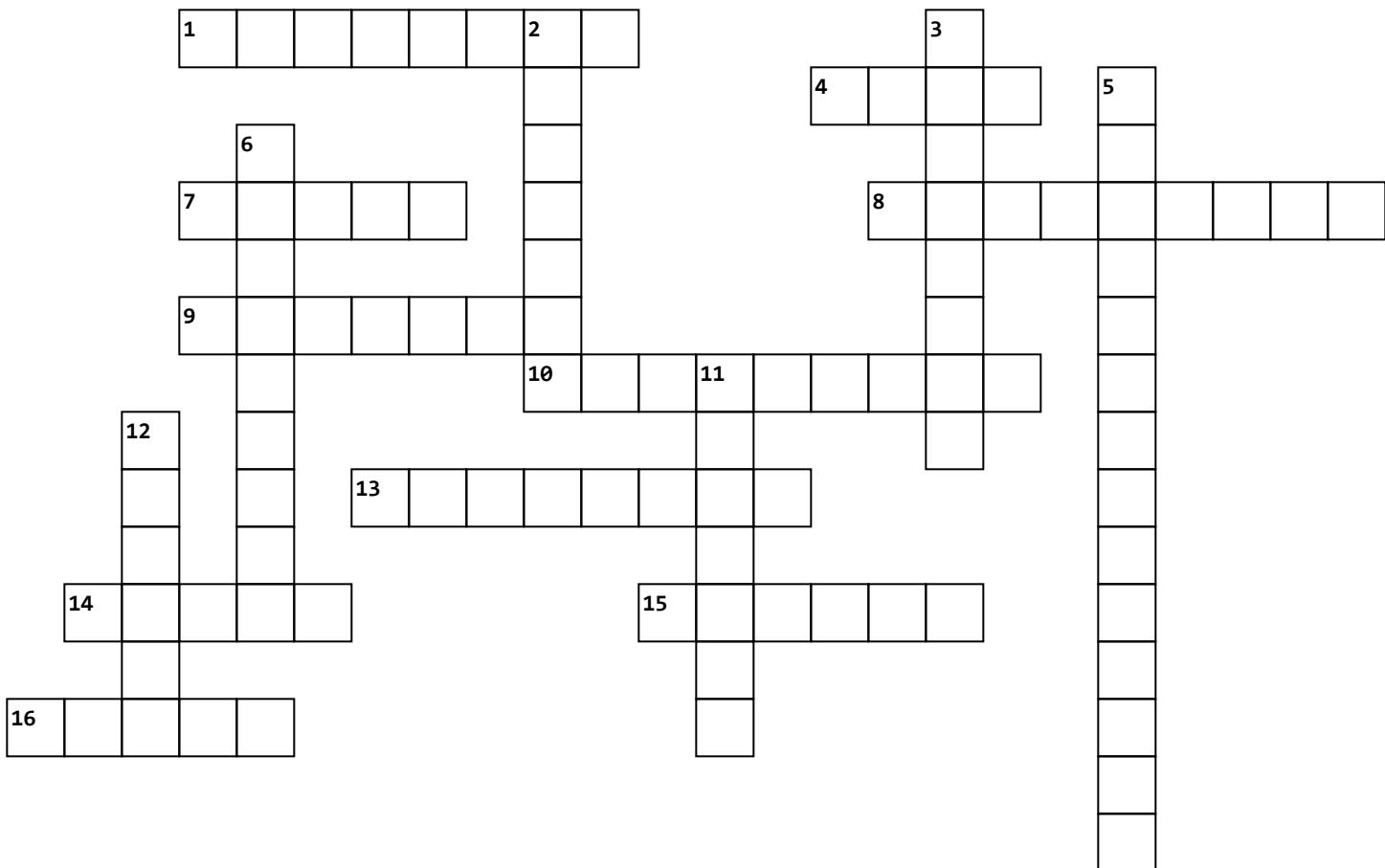


Health - The Digestive System pg. 7 & 8



Across

1. Much of our food is inspired by other ____.
4. Diet can affect your emotional health or this.
7. Fiber acts like this to clean your digestive tract.
8. A type of fat found in lard, beef fat and butter.
9. A measure of how much energy food gives you.
10. This muscle relaxes to let food into your stomach.
13. Students should engage in 60 minutes of this every day.
14. This is part of your digestive system.
15. These produce enzymes and acids.
16. You body cannot actually digest this.

Down

2. This is a type of digestive juice.
3. These cookies have the lowest fat.
5. Jumping rope is this type of activity.
6. Kids who eat this are more alert.
11. This is a substance that aids in digestion.
12. Your intestines do this so water and nutrients can enter your blood stream.