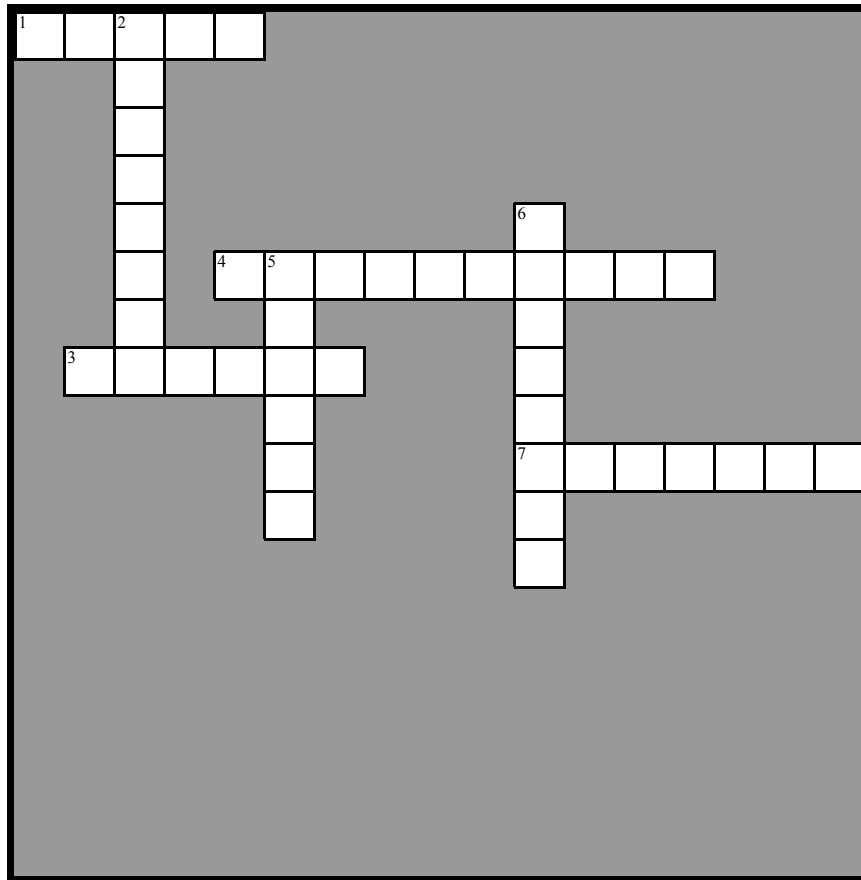




Presenting Sponsor



Easy Crossword Puzzle



ACROSS

1. You need to get at least 8 hours of this every night to be healthy
3. This is usually eaten at breakfast-time in a bowl with milk
4. This should be used on your teeth after every meal
7. These make it possible for our bodies to move by contracting and relaxing

DOWN

2. You need to get at least an hour of this every day to stay healthy
5. A fruit with a peel that is high in vitamin C
6. A mixture of dried fruit and nuts, which makes a healthy snack

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