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Across

- 7. The addition of nutrients to foods at such a level as to make a major contribution to the diet.
- 9. a special course of food to which one restricts oneself, either to lose weight or for medical peasons.
- When you reach for your toes
- 14. What do you call when you can't eat meat?
- 15. A bar with granola
- 16. When you pretend to sit down. in the air and have your arms either crossed or in front of you
- 17. When you March and you reach for the opposite arm and leg

- 19. food or provisions
- 20, the action or fact of maintaining or supporting oneself at a minimum level.

- 1. When you're in a weight loss journey.
- 2. A shake that includes protein
- 3. When you run to lose weight
- 4. A period where you exercise
- A mix of greens, protein, etc.
- 6. the branch of knowledge concerned with the diet and its effects on health, especially with the practical application of a scientific understanding of nutrition.

- 8. The energy providing food constituents which consist of starch, sugars and fibres are called...
- 10. Jumping up and down while moving your arms up and down
- 11. What is the measurement of 6 laps? (In Mater Academy Bay)
- 12. A healthy diet throughout life promotes healthy pregnancy outcomes, supports normal growth, development and ageing, helps to maintain a healthy body weight, and reduces the risk of chronic disease leading to overall health and well-being.
- 18. A liquid that hydrates

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O García

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