



ACROSS

- 2 Carbohydrates give your body ... (6)
- 4 This is found in meat and fish (7)
- 5 Milk is a source of ... (7)
- 7 A long yellow fruit (6)
- 9 How many portions of fruit and vegetables should you eat each day? (4)

DOWN

- 1 This fruit contains vitamin C (6)
- 3 What is the most important meal of the day? (9)
- 6 Orange vegetable (6)
- 8 An ... a day keeps the doctor away (5)