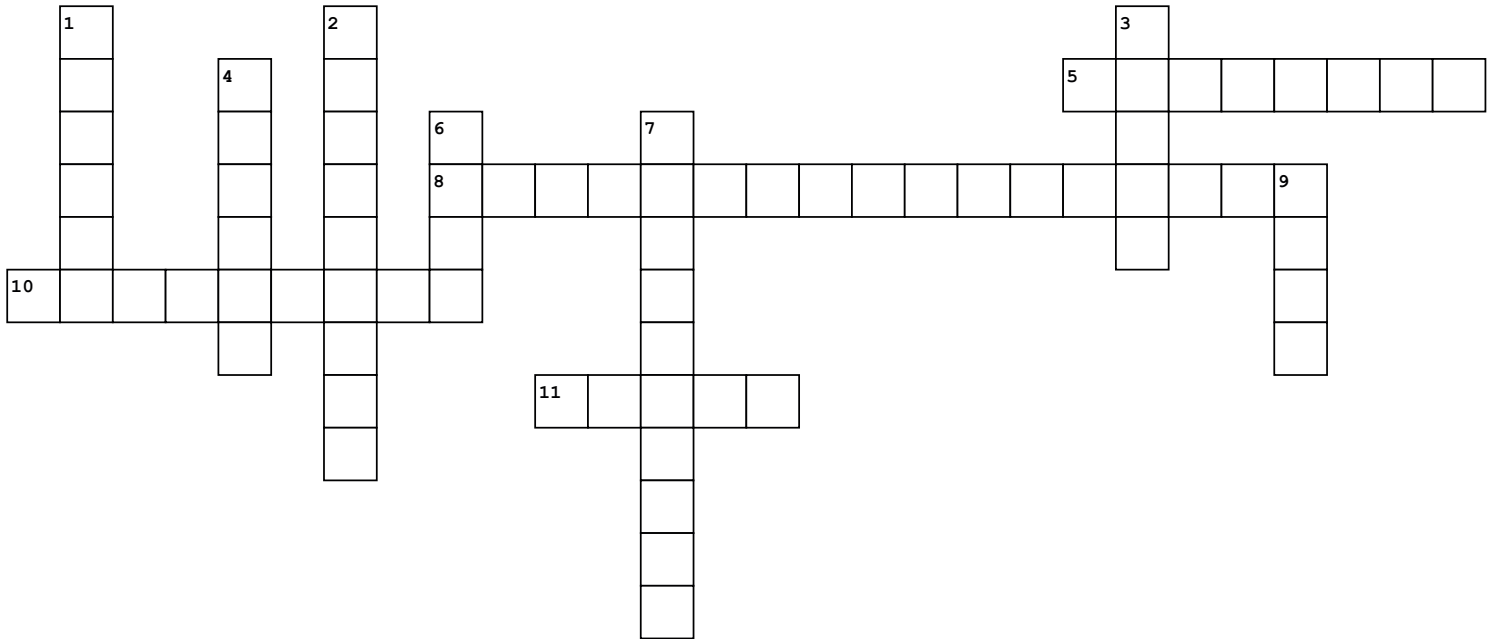


TIPS FOR A HEALTHY AND CORRECT DIET



Across

- 5. food and drink where low vitamins, minerals and fiber
- 8. It's a visual representation of how different foods and drinks contribute towards a healthy diet
- 10. morning meal
- 11. afternoon meal

Down

- 1. night meal
- 2. means any healthy and edible substance that is wasted or lost instead of being used for human consumption
- 3. it's a sweet substance where used very in kitchen
- 4. it's local food
- 6. it's a salty substance and it's used in cooking
- 7. it's fresh food that is ready to eat and it's healthy
- 9. Healthy and proper nutrition