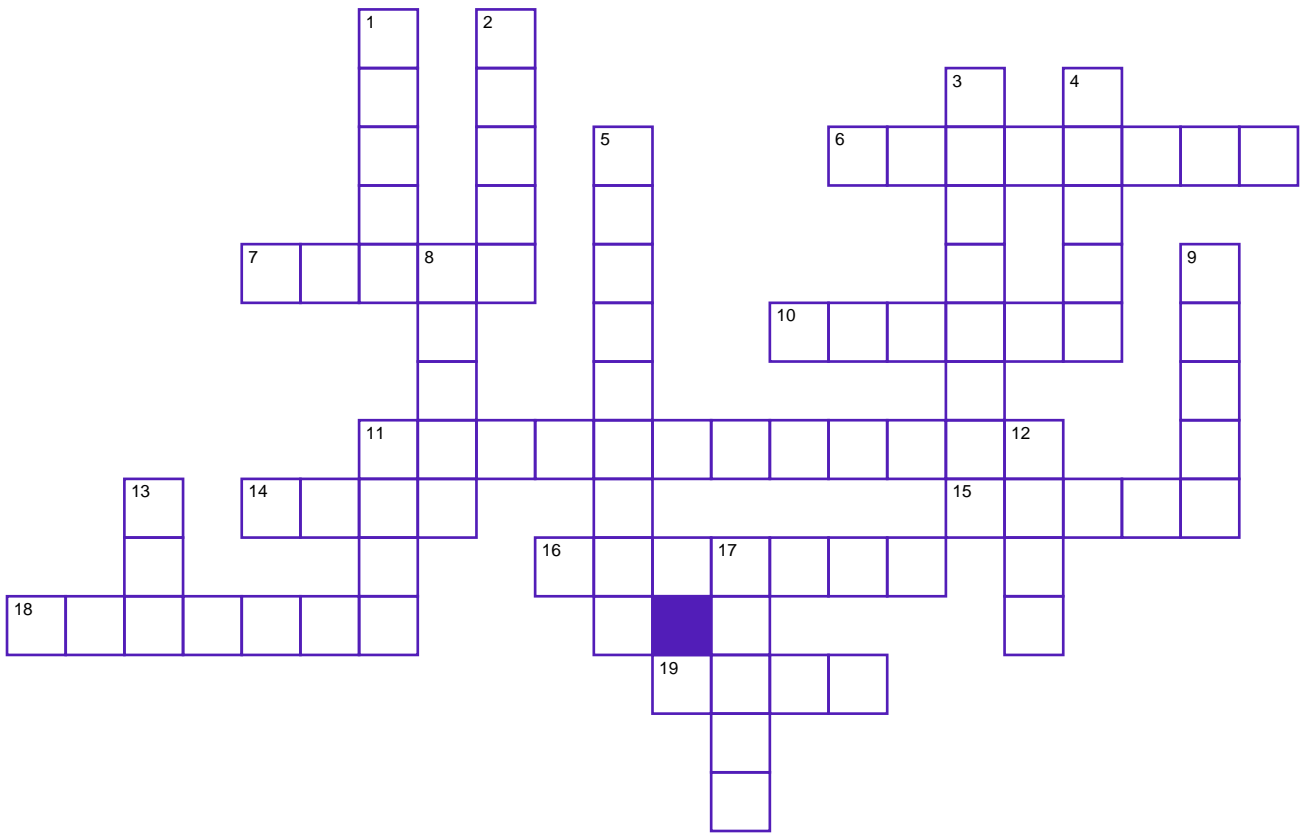


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Across

6. Moving your body to keep fit (v)
7. _____ vegetables and fruit are very good for you (adj)
10. The kind of sports that make you move your body (adj)
11. Less than sometimes (adv)
14. Low quality cheap fast food (adj)
15. Not late (adj)
16. Calm feeling, not nervous (adj)
18. A regular trip you make to work or school (n or v)
19. The healthiest kind of cooking (adj)

Down

1. Two times a week or month (adv)
2. Midday meal (n)
3. Very, very bad (adj)
4. How many points you get (n)
5. If you have a good night's sleep you should wake up feeling _____ (adj)
8. Small food between meals (n)
9. Sweets (n)
11. One time a week or month (adv)
12. You do this when you feel tired, your mouth opens (v or n)
13. A place you may join if you want to keep fit (n)
17. Keep away from stress or anything (v)