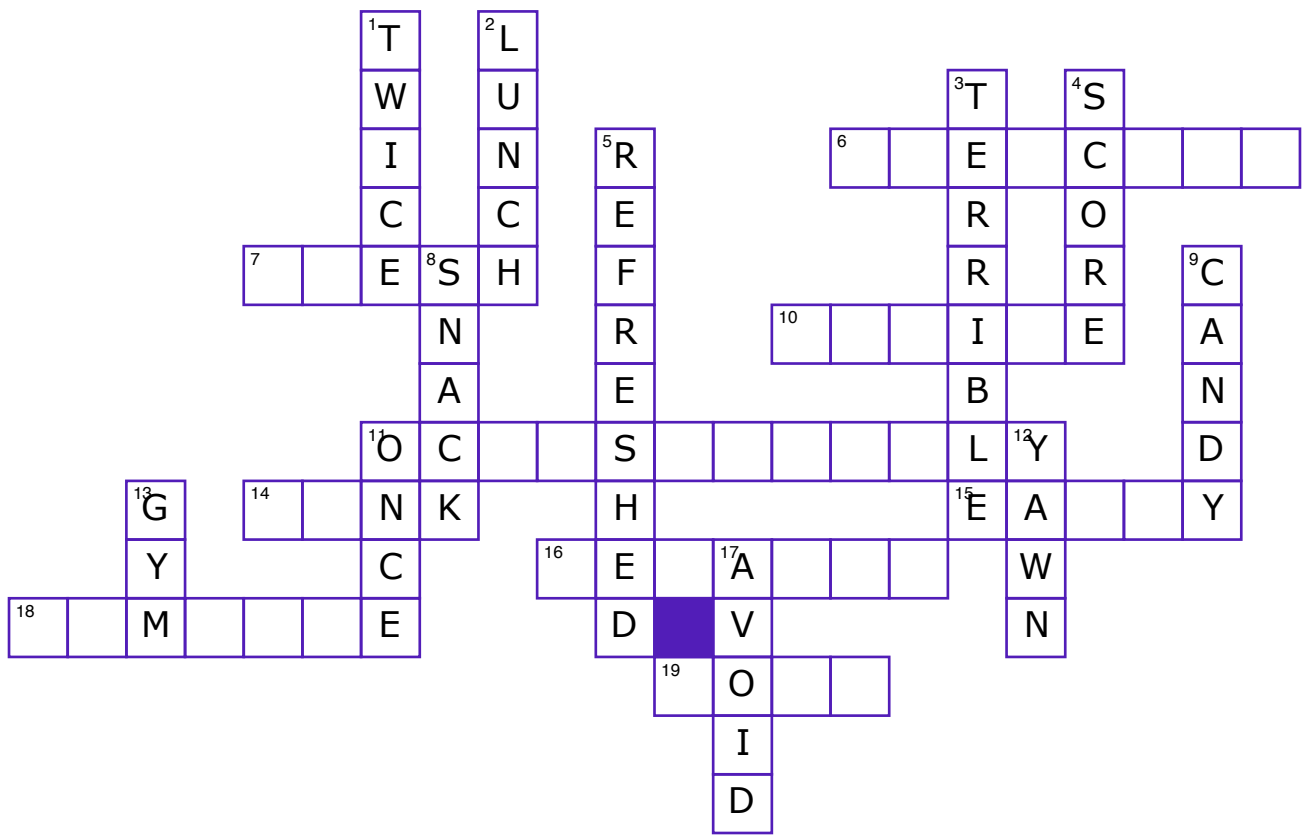


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Across

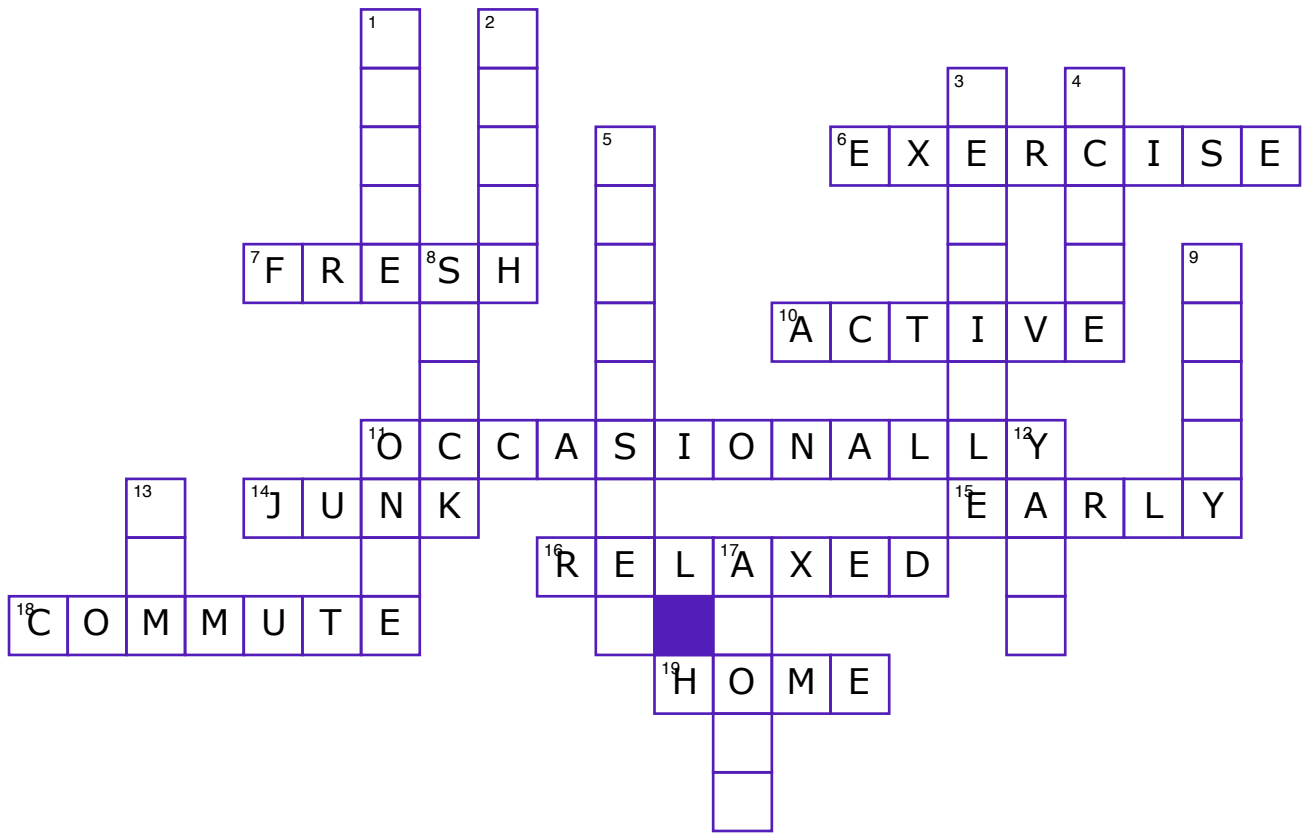
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Down

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

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

Down

- 1.
- 2.
- 3.
- 4.
- 5.
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- 9.
- 11.
- 12.
- 13.
- 17.