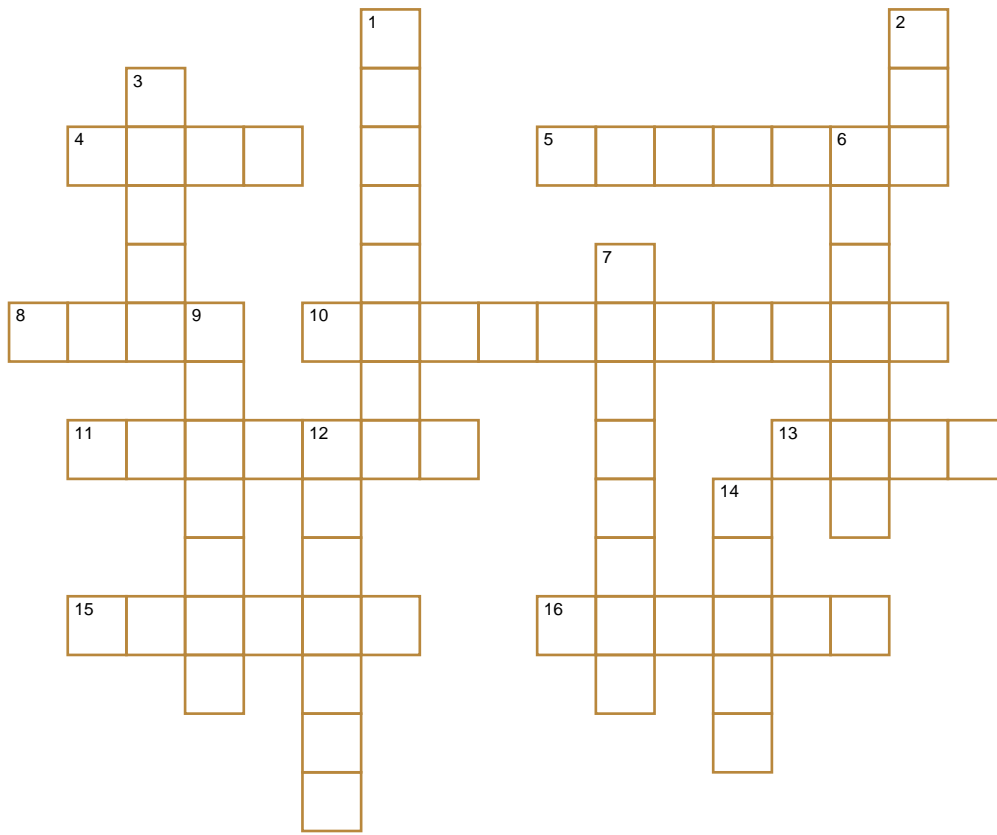


# Reading 17: The Secrets to a Long Life

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## Across

4. Fast food that is not good for you
5. Oranges have a lot of \_\_\_\_\_ C (n)
8. Not more (adv)
10. Raise and lower heavy things to build you muscles 4,7 (v)
11. Things that you choose (n)
13. Before now (adj)
15. It goes in and out of you lungs (n)
16. Obey rules and directions (v)

## Down

1. A member of your family (n)
2. Enjoyable (n)
3. You must follow these or you will get into trouble (n)
6. In place of something else (adv)
7. Children \_\_\_\_\_ their parents for food etc (v)
9. Opposite to longer (adj)
12. To make people do things (v)
14. Keep calm (v)