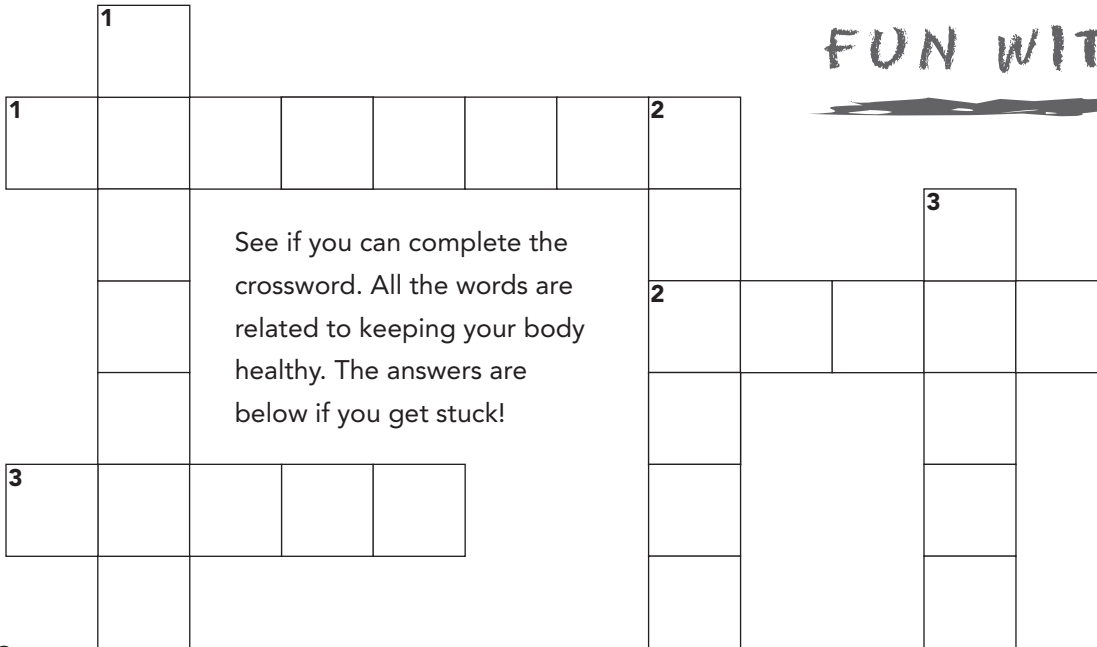


FUN WITH ANATOMY



See if you can complete the crossword. All the words are related to keeping your body healthy. The answers are below if you get stuck!

DOWN

1. More than 600 in your body! They help you do almost everything—from pumping blood throughout your body to lifting your heavy backpack. More exercise makes these strong!
2. What happens when there's not enough water in your body.

ACROSS

1. A food that's not healthy, with LOTS of fat and sugar that your body doesn't need! (2 words)
2. A muscle the size of your fist and sends blood around your body. The blood provides your body with the oxygen and nutrients it needs. (Hint: this muscle also beats!)
3. These are great for chewing, but you also need them to talk.
4. This exercise gives you more energy, helps you keep a healthy weight and gives you healthier bones.
5. A great thing to wear while you are walking!
6. The study of food and how it works in your body. It includes all the stuff that's in your food, such as vitamins, protein, and fat, so you have what you need to grow and be healthy.

3. This is in charge of things and the boss of your body. It runs the show and controls just about everything you do. *Think* about this one!
4. Too much of this can be unhealthy.
5. It's the biggest organ in your body and covers and protects everything inside your body. Don't get it sunburned!
6. Something to drink so you don't get thirsty.
7. Gives your body structure, lets you move, protects your internal organs, and there are **lots** of them in your body. Don't break one!

across: 1. junkfood 2. heart 3. teeth
4. walking 5. sneakers 6. nutrition 3. brain
down: 1. muscles 2. dehydration 3. brain
4. fat 5. skin 6. water 7. bones