

	1.													
	A									4.				
6.	R	I	2.	N	D	S				O				
	B		A											
	O		T		7.	I	M	3.		T				
	H							X		R				
	Y								8.	N	O		G	5.
	9.	R	I			K			R		L			O
	R								C					
														B
	T								S					Y
10.	E	G	E	T		B			E	S				
	S													

Fill in the blanks based on the crossword puzzle given above.

1. Eat less \_\_\_\_\_.
2. \_\_\_\_\_ a balanced diet.
3. Do some \_\_\_\_\_ like walking or playing games.
4. \_\_\_\_\_ your diet.
5. Start a new \_\_\_\_\_ to have fun.
6. Make new \_\_\_\_\_ through your hobby.
7. Spend less \_\_\_\_\_ with gadgets like television or phone.
8. Get \_\_\_\_\_ sleep every night.
9. \_\_\_\_\_ a lot of water.
10. Eat more fruits and \_\_\_\_\_.