



One life, live it? Session answers.

PHYSICAL AND MENTAL HEALTH IS REAL WEALTH!



R	I	C	E	T	S	B
E	I	E	J	H	F	R
A	B	R	E	A	P	A
T	S	E	K	Z	A	E
D	T	A	P	C	S	D
F	Y	L	G	G	T	Q
G	P	S	G	I	A	K
K	Y	E	N	O	H	L

T	O	U	C	H	A
A	B	N	L	G	S
S	W	Q	D	M	I
T	V	Z	E	O	G
E	X	L	P	Q	H
S	L	X	K	U	T

B	A	V	Y	R	S
I	S	A	L	T	N
T	O	W	M	L	J
T	U	H	E	B	Q
E	R	B	X	E	C
R	M	K	L	O	T

MEAT, FISH, CHEESE, EGGS, MILK.

JOKE OF THE DAY!
ANSWER:
"YOUR TEETH"

gel	LEG	mar	ARM	keab	BACK
deah	HEAD	eey	EYE	Eosn	NOSE
eongtu	TONQUE	hdan	HAND	thear	HEART

ANY SUBSTANCE, LIQUID OR SOLID, THAT GIVES THE BODY HEAT AND ENERGY, GROWTH AND REPAIR AND HELPS THE BODIES PROCESSES.

				F				N		
P	A	S	T	A			I		E	
O	E						S		K	
M		P	O	T	A	T	O	H	C	
M			P						I	
E	F		E					H	E	
G			I		R	I	C	E	C	L
R				S						P
A	E				H	T				P
N		Q			T	O	C	I	R	P
I			N			M				E
T				A		A				N
E					R	T				I
A	N	A	N	A	B	O				P



Mr Eco says;
Have an appetite for life. Move more, eat smarter!

ANSWER TRUE / FALSE	TRUE	FALSE
Sugar energy foods are better than starch energy foods!		FALSE
Natural sugars are better than added sugars!	TRUE	
Food can be a solid or liquid!	TRUE	
The body stores energy and warmth foods as muscle?		FALSE
We use scent detectors and taste buds to taste food?	TRUE	



PROTEINS, FATS, VITAMINS,
CARBOHYDRATES, MINERALS, WATER.

