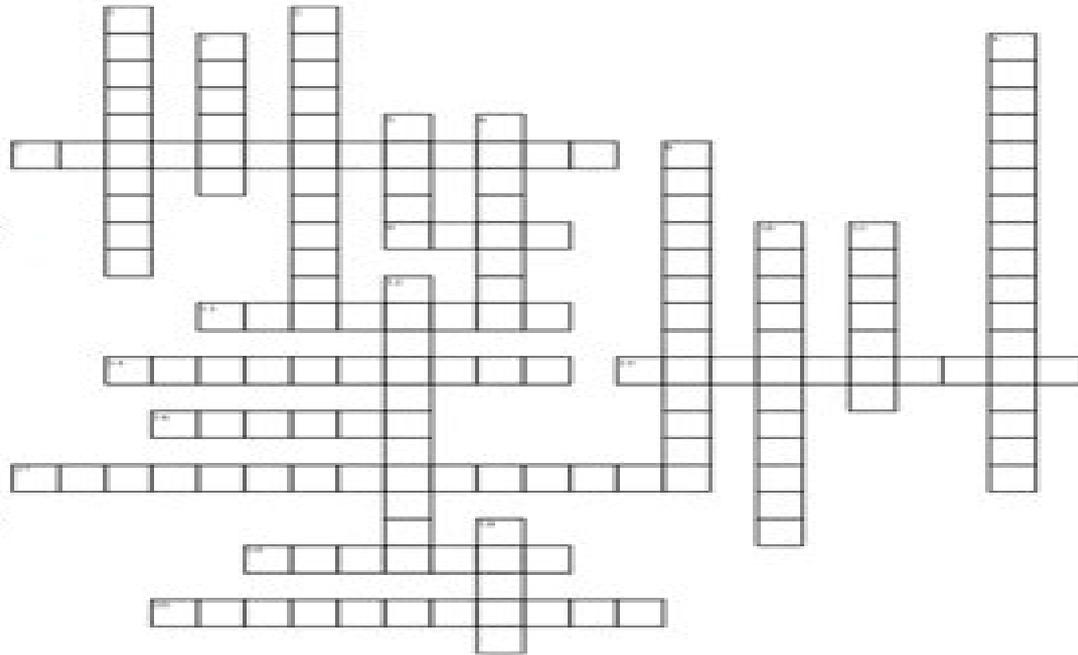


Physical Education



Across

7. The addition of nutrients to foods at such a level as to make a major contribution to the diet.

9. a special course of food to which one restricts oneself, either to lose weight or for medical reasons.

13. When you reach for your toes

14. What do you call when you can't eat meat?

15. A bar with granola

16. When you pretend to sit down in the air and have your arms either crossed or in front of you

17. When you March and you reach for the opposite arm and leg

19. food or provisions

20. the action or fact of maintaining or supporting oneself at a minimum level.

Down

1. When you're in a weight loss journey

2. A shake that includes protein

3. When you run to lose weight

4. A period where you exercise

5. A mix of greens, protein, etc.

6. the branch of knowledge concerned with the diet and its effects on health, especially with the practical application of a scientific understanding of nutrition.

8. The energy providing food constituents which consist of starch, sugars and fibres are called...

10. Jumping up and down while moving your arms up and down

11. What is the measurement of 6 laps? (In Mater Academy Bay)

12. A healthy diet throughout life promotes healthy pregnancy outcomes, supports normal growth, development and ageing, helps to maintain a healthy body weight, and reduces the risk of chronic disease leading to overall health and well-being.

18. A liquid that hydrates

Physical Education 1 Crossword Answers

Xiaolong Qi



Physical Education 1 Crossword Answers:

Unveiling the Magic of Words: A Review of "**Physical Education 1 Crossword Answers**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Physical Education 1 Crossword Answers**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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