MOO CREW
SCHOOL MILK SCHEME

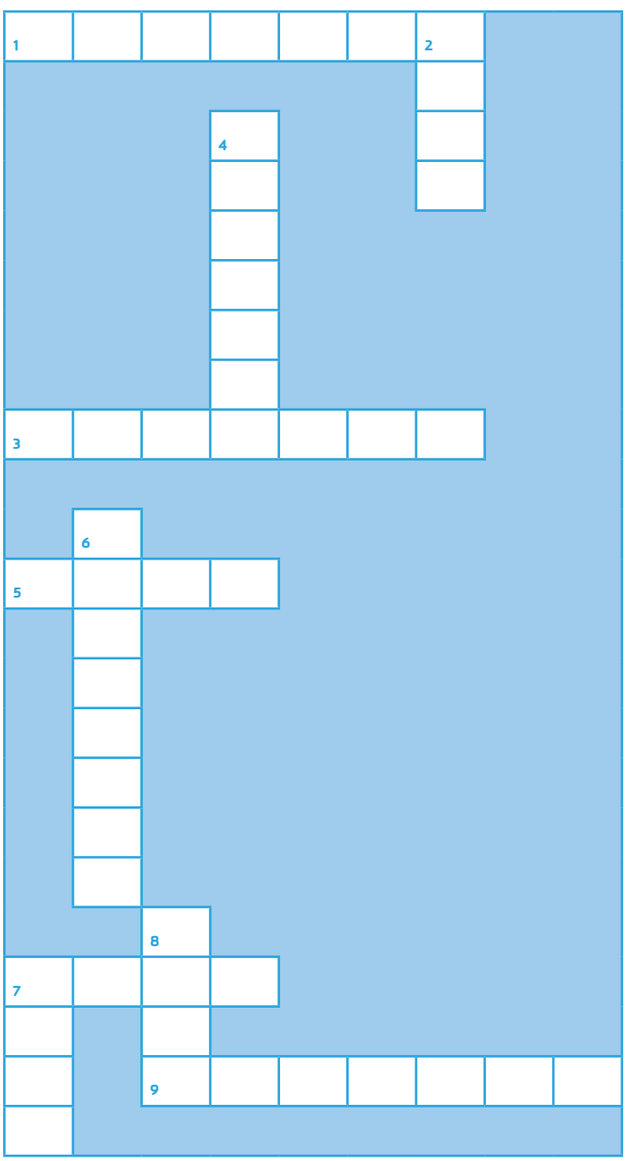
Senior
Activity Sheet 2

Keeping Active - Crossword

Now that you have learned about the importance of keeping active for your health, use the clues below to complete the crossword

Across

1. A mineral which helps in the growth, development and maintenance of our bones.
3. A weight bearing exercise beginning with the letter R.
5. Children aged 9–18 years are recommended to have _ _ _ _ servings of dairy each day.
7. Weight bearing exercises are any exercises which put all your weight on your _ _ _ _ and _ _ _ _ (8 down).
9. A lot of time in school can be spent sitting at a desk, so it's important to get up and _ _ _ _ _ _ _ your muscles when you can!

Down

2. This drink is a good source of calcium.
4. Phosphorus and _ _ _ _ _ _ _ play important roles in bone health.
6. This vitamin is really important for bone health.
7. This four-letter word helps fuel your body's energy needs.
8. Weight bearing exercises are any exercises which put all your weight on your _ _ _ _ (7 across) and _ _ _ _ .