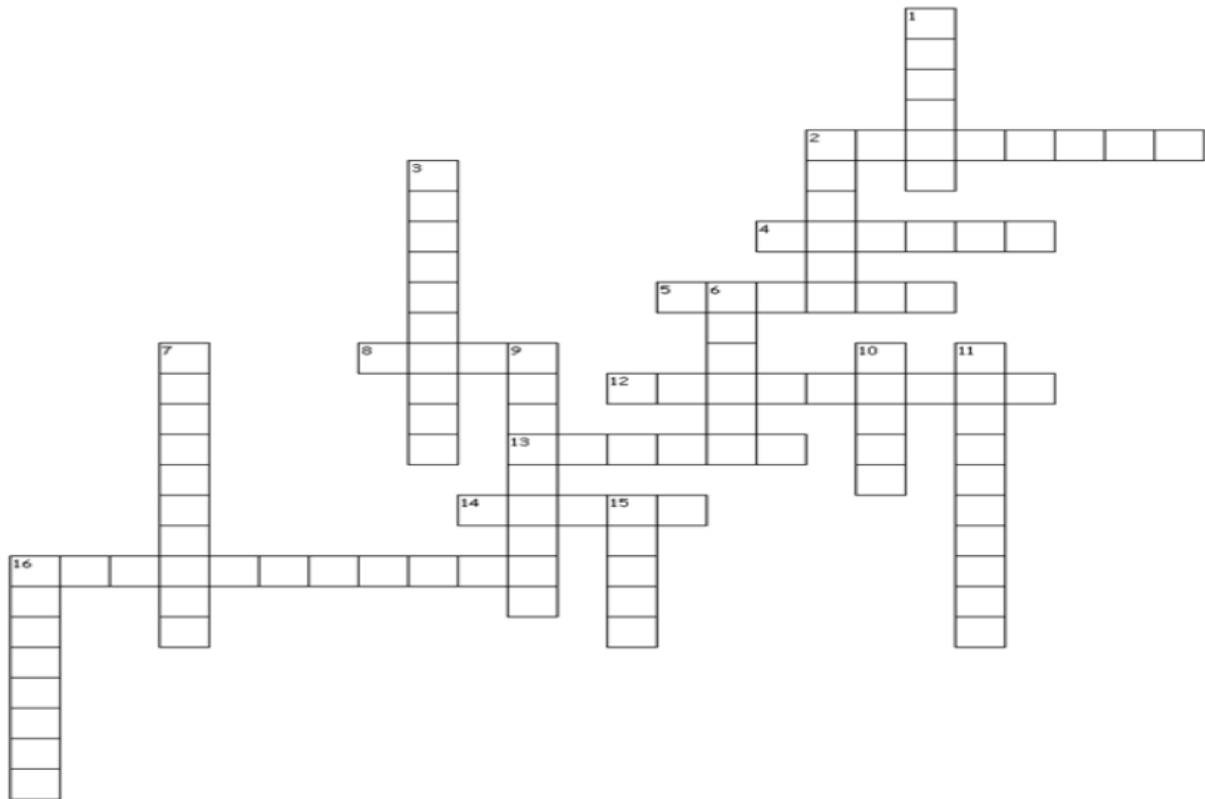


FITNUT™

The Fitness & Nutrition Program for children.



Fill in the answers to the crossword.....

How many FitNut superstars' Super powers can you remember ?

Across

2. I'm strong, I'm green I look like a tree, I'm full of calcium and vitamin C
4. I'm a bulb with cloves in sections, I have the power to stop infections
5. I'll help you fight coughs & sneezes and other nasty diseases
8. I'm so sweet to taste & help your body get rid of waste
12. I can help you recover quick, when you have been sick
13. I'm bursting with vitamin C to keep your body young & healthy
14. When you have a cold in your chest, my zest will get you back to your best
16. I have the power to stop disease and taste great with a little cheese

Down

1. I can help your eyes see in dark night skies
2. I give you energy fast & slow, when you want to go go go
3. I take cuts & bruises away and give you energy to go and play
6. Juice me for vitamin C, I will boost your immunity
7. I will quench your thirst & give you an energy burst
9. A disease fighting berry who can make you feel merry
10. An _____ a day, takes the toxins away.
11. Eat a handful of me to keep you germ free
15. I cleanse your blood and fight disease, make sure you cook with lots of me
16. I keep your joints working good and help your body digest food