**Food Inputs and Outputs**

<table>
<thead>
<tr>
<th>Input</th>
<th>Output</th>
</tr>
</thead>
<tbody>
<tr>
<td>(beans, fish, chicken)</td>
<td>Fats for healthy skin</td>
</tr>
<tr>
<td>(oranges, broccoli, berries)</td>
<td>Carbohydrates for energy</td>
</tr>
<tr>
<td>(potatoes, bread, pasta)</td>
<td>Vitamins and minerals for growth and nourishment</td>
</tr>
<tr>
<td>(nuts and cheese)</td>
<td>Protein for muscle growth</td>
</tr>
</tbody>
</table>

**The Ultimate Health Wordsearch**

```
K Q Z Q E PROTEIN O O N O S D Q A
Q K L A R G E I N T E S T I N E S D Y I
S N G R A I N S N I E N D O N S R N U L J
U I E X E R C I S T S F C Q I T R A C H E A
T D W Z F Q H B R A I N N E R V E S S M
R I P O T E A R S E R V I N G S I Z E U
I Y A J K Y O K P V E G E T A B L E S
E C E B L O O D V E S S E L S S P T R C
N J A W A T E R B E S O P H A G U S Y L
T A T W H I T E B L O O D C E L L S Z E
S A S Z O S M A L L I N T E S T I N E S
H I S T O M A C H CZYHCY UJ I I T
C R V I T A M I N S M L Q N F B U E C
T Y M M V R H E A R T Y E G L B T N E B
E J D L O J A I J W U L S F A R M G T
G M C S T S P I N A L C O R D M E L L R
S K E L E T O N D S A C A T S D E P M U
C A R B O H Y D R A T E S C W K N N K I
B M O U T H I C M I N E R A L S T L I T
Y N S K I N S F O O D G R O U P C F V S
```

**Code for a Healthy Body**

- Line 1: move your body
- Line 2: sleep
- Line 3: eat well
- Line 4: get out in nature
- Line 5: take breaks
- Line 6: take deep breaths
- Line 7: practice gratitude

**Maintaining a Healthy Body Crossword**

```
E
G R A I N S
T
I M I N E R A L S C
H
N U A
S E R V I N G R E S P I R A T O R Y
A
T T T A L T Y
F O O D N E R V O U S
L
A
T H I N T E G U M E N T A R Y
S U D
N C I R C U L A T O R Y
M D A
S K E L E T A L V I T A M I N S
A
T P R O T E I N S S
U C
V
D C O M P L E X
A A
M I L K G R O U P
R E Y
```
Debugging the Digestive System

Line 9: broken down
Line 11: not broken down
Line 12: **Esophagus**
Line 15: broken down into a liquid mixture
Line 16: **Small Intestine**
Line 19: separated into nutrients and waste
Line 21: waste disposed of