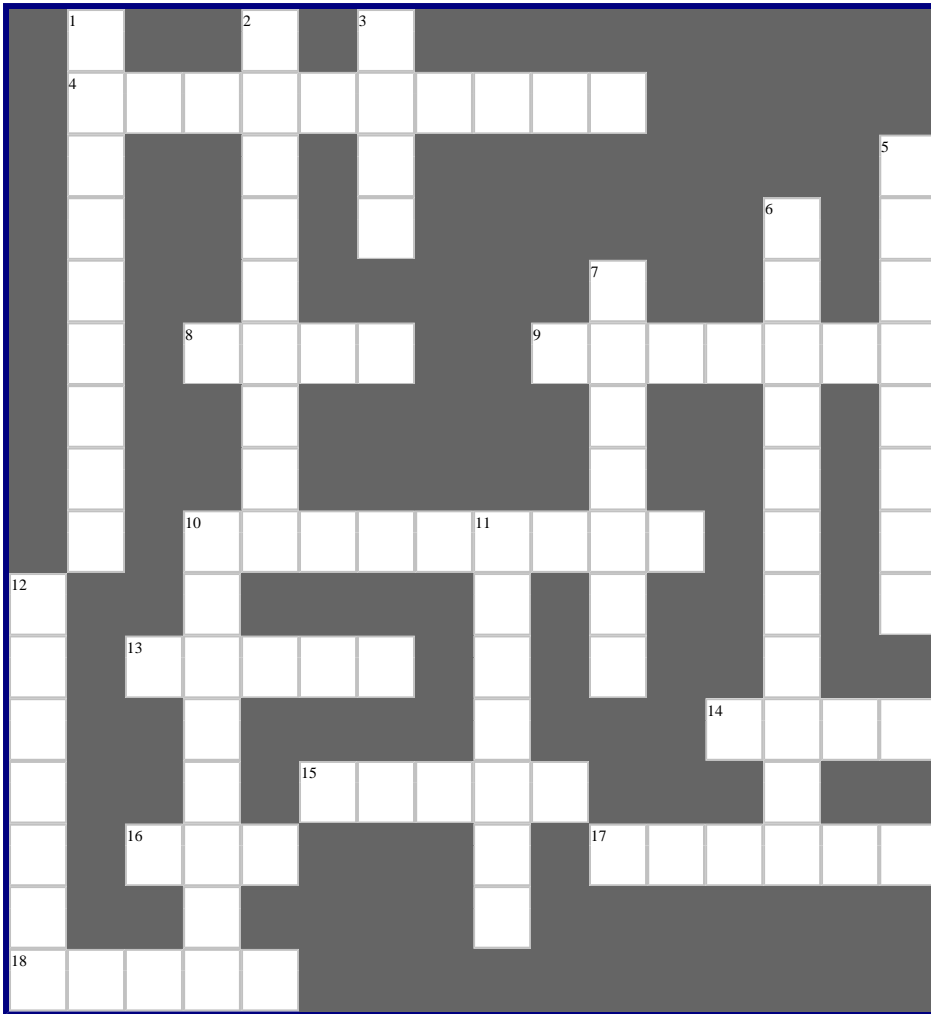


# 9b - Fit and healthy

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## Across

4. Absence of certain minerals or vitamins. (10)
8. A chemical that alters the way the body works. (4)
9. an element needed to make some body chemicals. (7)
10. A respiratory disease causing shortness of breath, often due to smoking. (9)
13. Muscular organ that pumps blood around the body. (5)
14. All the different types of food that you eat. (4)
15. Hair shaped structures in the nose that trap dust before it reaches the lungs. (5)
16. To be physically strong and healthy. (3)
17. Organ that cleans the blood. (6)
18. Organ in the digestive system that produces bile. (5)

## Down

1. Condition where somebody is unable or unwilling to stop doing something, despite the harmful consequences. (9)
2. Muscular organ used in breathing. (9)
3. Substance produced in the liver that emulsifies fat and neutralises stomach acid. (4)
5. Animal system that supports the body. (8)
6. Flow of blood around the body (11)
7. Chemical found in vegetables, fruit and cereals that help your body to work efficiently. (7)
10. Deliberate movement of the body in order to keep fit. (8)
11. Burning tobacco and inhaling the products. (7)
12. A drug found in beer, wine and spirits. (7)