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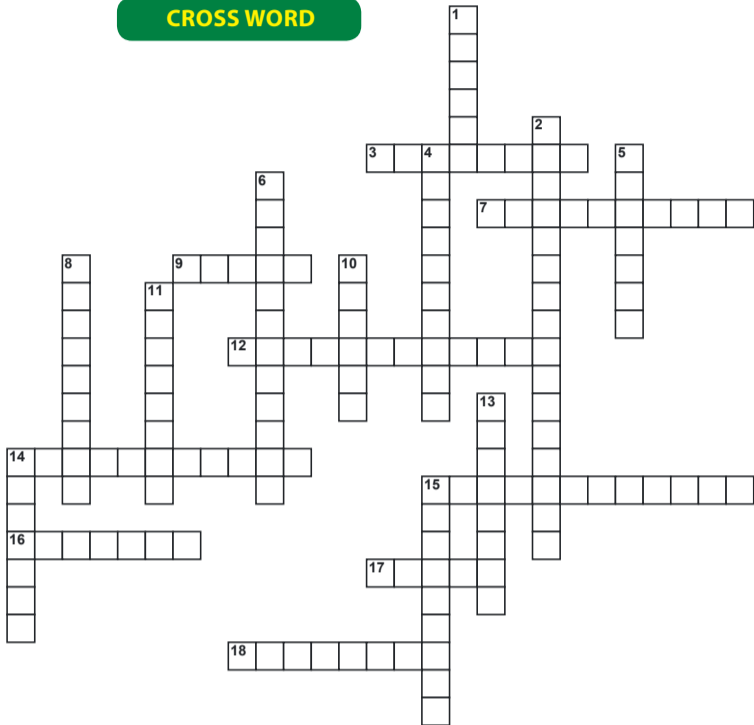
# OUR FAMILY time

LET'S HAVE SOME FUN

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- 📺 Sandton Chronicle
- 📺 @Sandton\_News
- 📺 @sandton\_chronicle
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## Family fun and games...

### CROSS WORD



**Across**

- [3] A chronic bacterial disease that is contracted chiefly by infection during sexual intercourse, but also congenitally by infection of a developing fetus
- [7] Excessive or extra weight
- [9] Found only in plant foods
- [12] A form of vitamin A found naturally in yellow/orange vegetables and fruits
- [14] A fat-like substance that is made by the body and is found naturally in animal foods such as meat, fish, poultry, eggs, and dairy products
- [15] A major source of energy in the diet. they are found naturally in foods such as breads, cereals, fruits, vegetables, and milk and dairy products
- [16] A unit of energy in food
- [17] Wheat or any other cultivated cereal crop used as food
- [18] Food that can be prepared quickly and easily and is sold in restaurants and snack bars as a quick meal or to be taken out

**Down**

- [1] Combination of physical, mental/emotional, and social well-being
- [2] Personal habits or behaviors related to the way a person lives
- [4] The scientific study of the human mind and its functions
- [5] The condition of being grossly fat or overweight
- [6] High blood pressure
- [8] The process of providing or obtaining the food necessary for health and growth
- [10] A band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body
- [11] The state or condition of being in good physical and mental health
- [13] A substance that provides nourishment essential for growth and the maintenance of life
- [14] A mineral important in building and maintaining bones, and for muscle and nerve function
- [15] A very small parasitic bacterium, like a virus, requires the biochemical mechanisms of another cell in order to reproduce

### RIDDLES

A rhythmic cadence,  
within your chest it  
resides, With each beat,  
life's symphony it guides.  
It quickens in pace  
when stress looms near,  
Can you name this vital  
conductor we hold dear?

### FUN FACTS ABOUT WELLNESS:

**Brain & Mood:** Meditation is proven to slow the aging process. Drinking coffee can lower your risk of depression.

**Physical Activity:** Walking uses 200 muscles for a single step. When you burn fat, 85% is exhaled and 15% is excreted.

**Body & Health:** There are more bacteria in your mouth than there are people in the world. Your nose can remember 50,000 different scents.

**Sleep & Rest:** Adequate sleep reduces disease risk, while blue light from phones disrupts your natural sleep-wake cycle.

**Nutrition:** Garlic can be as effective as some medications at lowering blood pressure.

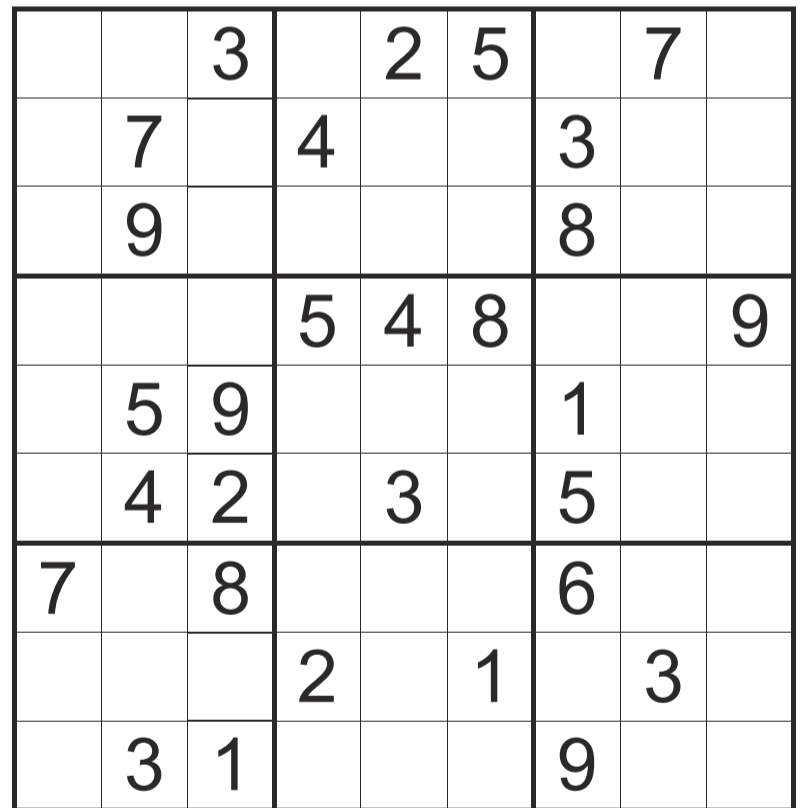
**Daily Habits:** Using sunscreen (SPF 50) allows only 2% of UVB rays to pass, compared to 7% with SPF 15.

### WORD SEARCH

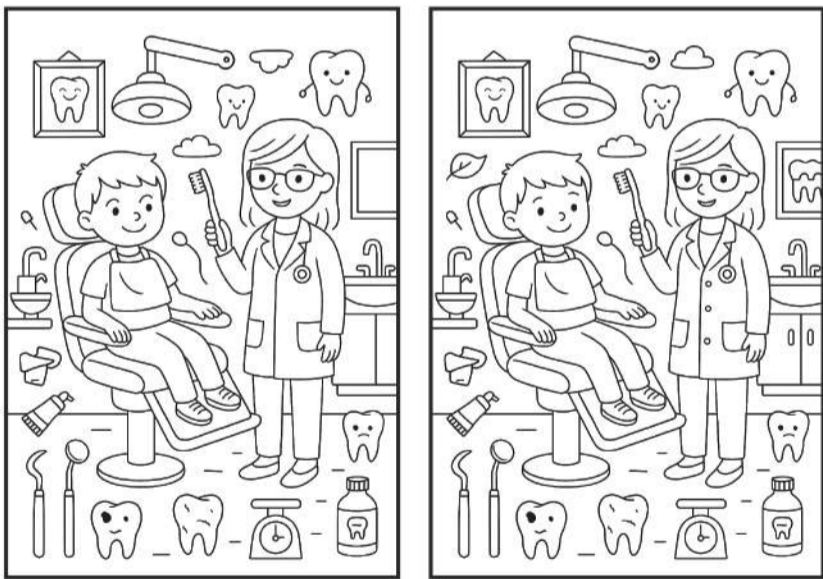


- HYDRATE
- RUN
- COMMUNITY
- HEALTH
- FAMILY
- FITNESS
- RECREATION
- BASEBALL
- FOOD
- KICKBALL
- PARK
- FLOWER
- WORKOUT
- ACTIVE
- SWING
- TREE

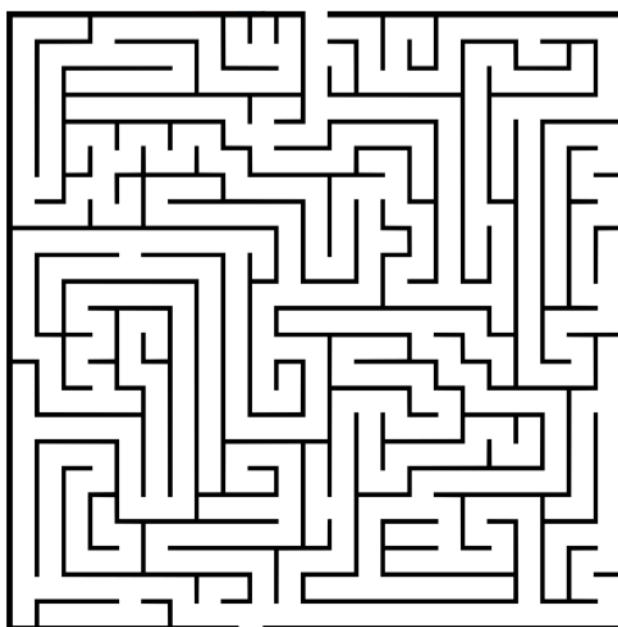
### SUDOKU



### SPOT THE 7 DIFFERENCES

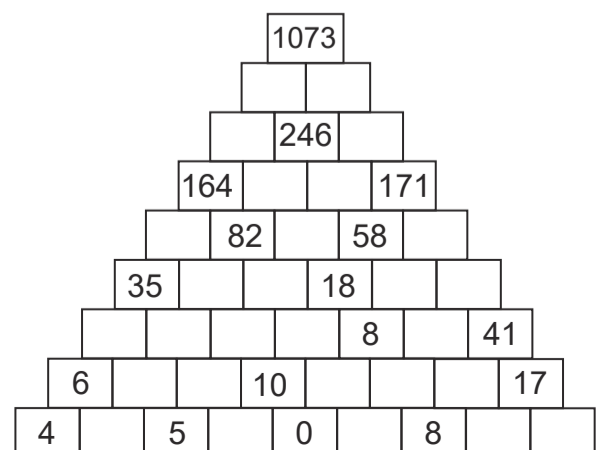


### FIND THE WAY



### PYRAMID MATHS

Add the adjacent numbers together and write their sum in the block above them. Continue until you have completed the pyramid.



Search and color these 8 items - How many of each can you find?

