

Brain Health Crossword

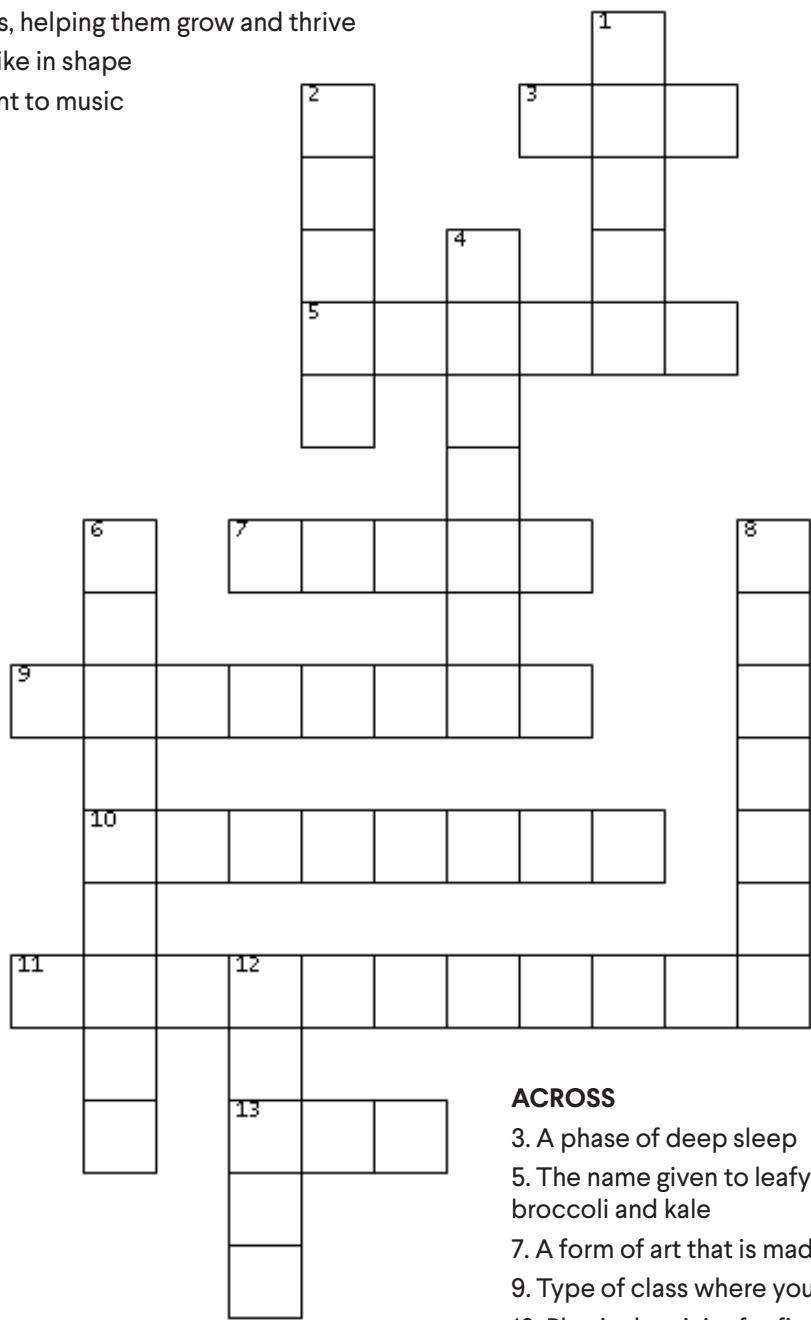
Is your brain up for a challenge?



This puzzle is packed with words relating to brain health – everything from brain-friendly foods to habits that keep us sharp. Use the clues to fill in the words below. Words can go across or down. Letters are shared when the words intersect.

DOWN

- 1. When you acquire knowledge
- 2. A type of fatty acid found in fish, nuts and seeds
- 4. Small, juicy fruits packed with vitamins
- 6. Taking care of plants, helping them grow and thrive
- 8. Nuts that are brain like in shape
- 12. Rhythmic movement to music



ACROSS

- 3. A phase of deep sleep
- 5. The name given to leafy vegetables like spinach, broccoli and kale
- 7. A form of art that is made up of sounds and rhythms
- 9. Type of class where you can be creative
- 10. Physical activity for fitness
- 11. The art of being present, and self-aware
- 13. A short sleep, usually during the day