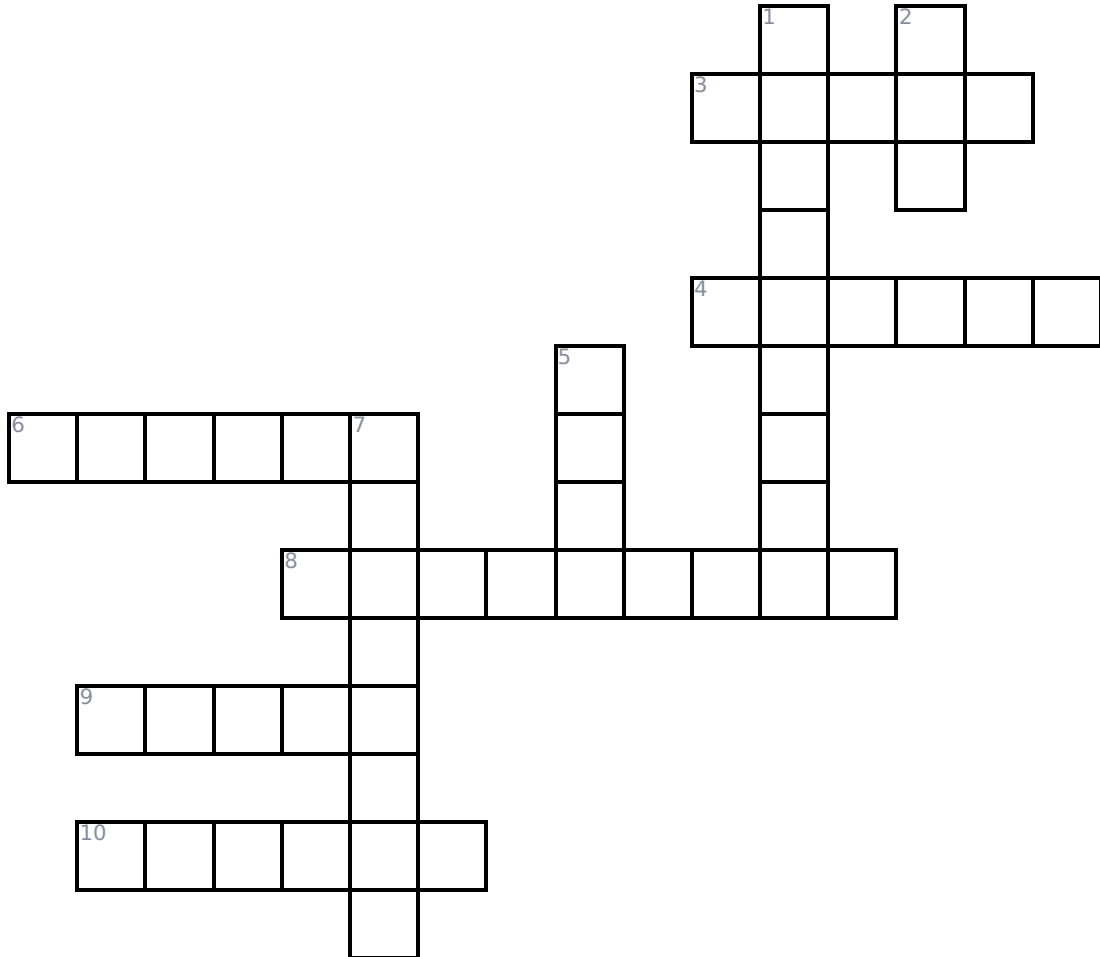


Name: _____

Date: _____

Eat Healthy, Feel Great: Criss Cross

Answer clues based on the content and vocabulary words from Eat Healthy, Feel Great. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.



Across

3. Drink ____ when you are thirsty - kids need 4 cups a day.
4. ____-light foods are okay to eat sometimes.
6. The natural ____ of green-light foods tell us about the nutrients they contain.
8. Eat a healthy ____ each morning.
9. Eat a variety of ____-light foods each day.
10. As you grew bigger and ____, you started needing other foods in addition to milk.

Down

- 1. Train you ____ to like a new green-light food by tasting it each time it is served.
- 2. Don't eat ____-light foods.
- 5. When you were a little baby, the only food you needed was special ____.
- 7. As you grow, you needs more green-light foods to make you grow ____.

Word Bank

MILK
YELLOW
WATER

BUSIER
RED
TASTE BUDS

STRONGER
COLORS

GREEN
BREAKFAST

Answer Key

