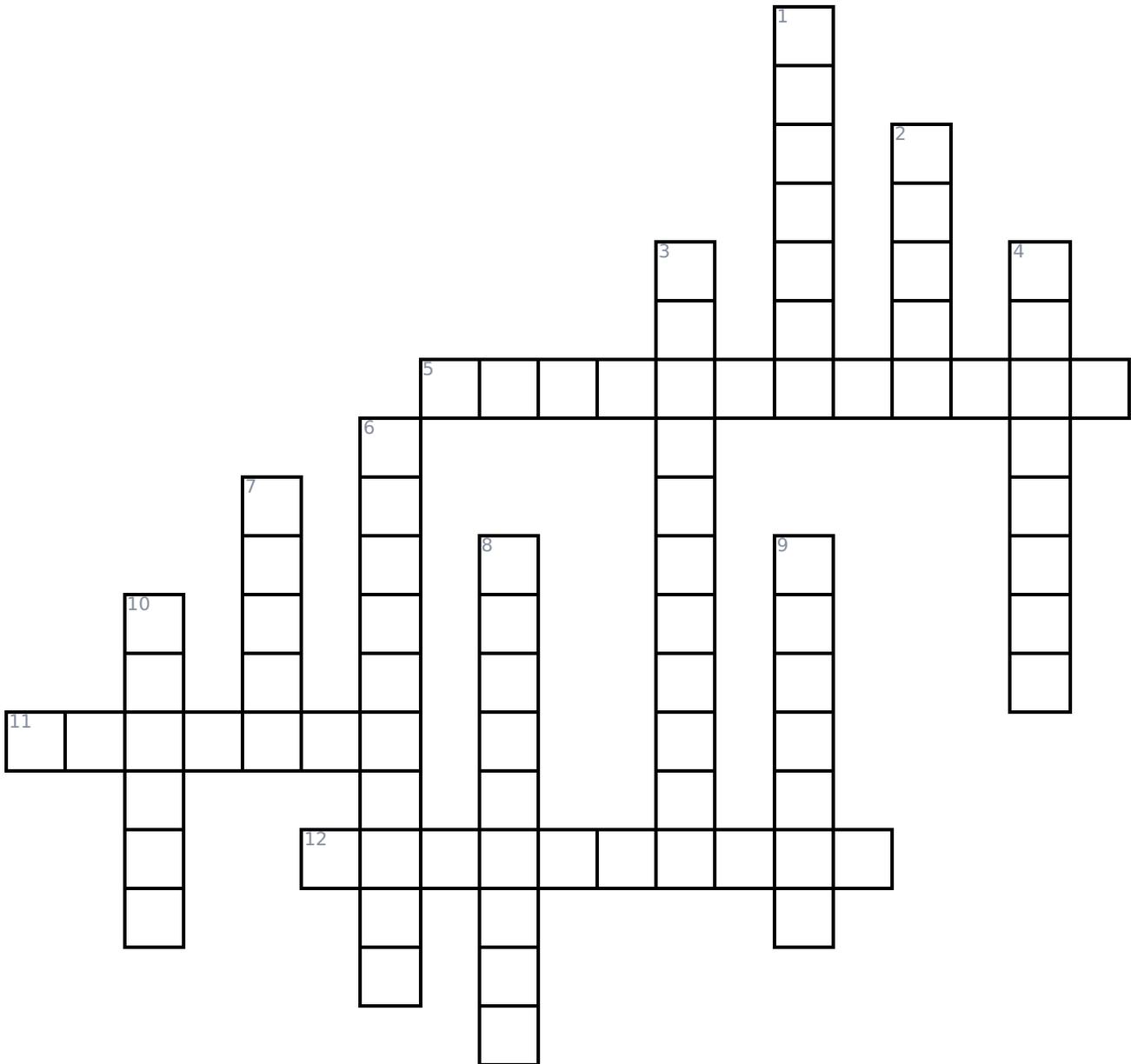


## Eat Your Vegetables! Drink Your Milk!: Criss Cross

Answer clues based on the content and vocabulary words from Eat Your Vegetables! Drink Your Milk!. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.



## Across

- 5. A starch or sugar, a nutrient that provides the body with energy
- 11. A measurement of the amount of energy that food gives you
- 12. All the chemical reactions that go on in the body

## Down

- 1. An unpleasant reaction to certain substances
- 2. A large organ that produces a liquid called bile, which helps digest food
- 3. One of the tubes that carries blood through the body
- 4. A chemical in food that is used by the body
- 6. A substance taken in addition to food to provide extra nutrients
- 7. The part of a plant that a person cannot digest
- 8. The tube that carries food from the mouth to the stomach
- 9. A simple sugar used as fuel by body cells
- 10. A watery fluid in your mouth that helps you swallow and digest food

## Word Bank

ALLERGY  
ESOPHAGUS  
METABOLISM

BLOOD VESSEL  
FIBER  
NUTRIENT

CALORIE  
GLUCOSE  
SALIVA

CARBOHYDRATE  
LIVER  
SUPPLEMENT

# Answer Key

