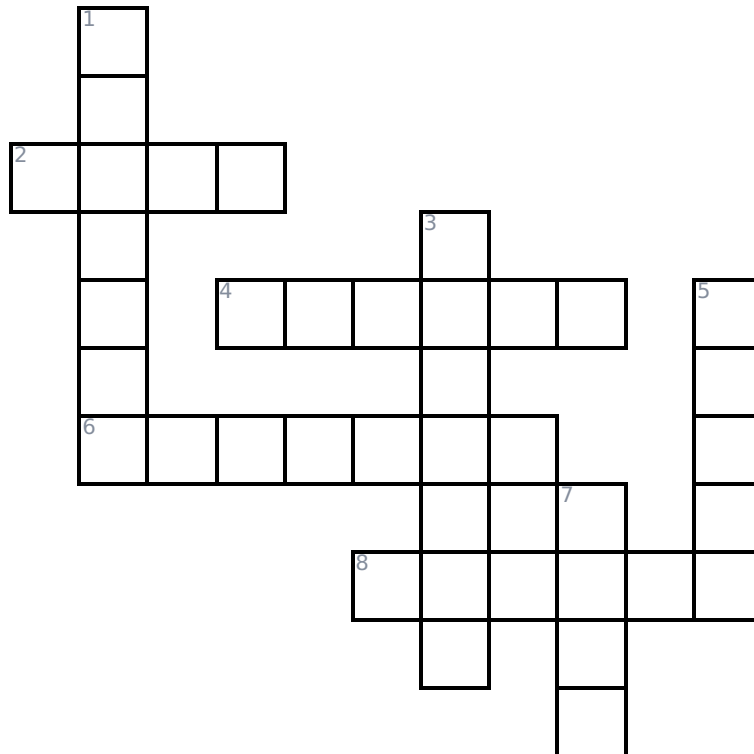


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quest to Digest: Criss Cross

Answer clues based on the content and vocabulary words from Quest to Digest by Mary Corcoran. Look for hints in the Word Bank. Print the puzzle or use it on your tablet, phone, or computer.



### **Across**

- 2. something that gives power to move or work
- 4. what your body uses to play, move, and think
- 6. when you give your body the water it needs
- 8. when your body breaks down food to use it

### **Down**

- 1. when you help your body grow and stay healthy
- 3. a part of food that helps you grow strong
- 5. a big trip or adventure to find something
- 7. a tiny thing that can make you sick

### **Word Bank**

DIGEST  
HYDRATE

ENERGY  
NOURISH

FUEL  
PROTEIN

GERM  
QUEST

# Answer Key

