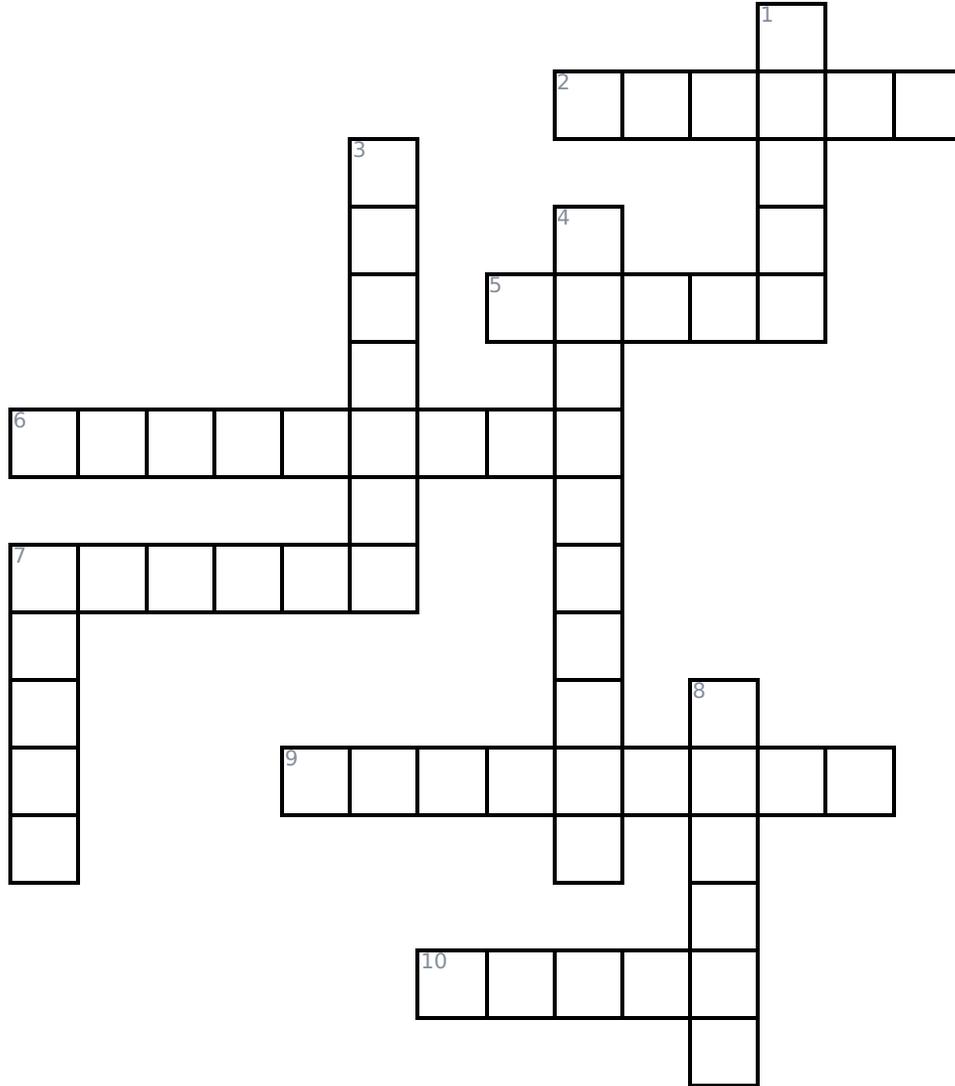


Why Should I Eat Well?: Criss Cross

Answer clues based on the content and vocabulary words from Why Should I Eat Well?. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.



Across

2. Good food helps us to have ____ and zing.
5. Monica and Rachel make every meal a ____.
6. Monica's new friend, Rachel, chose salad at ____.
7. Drinking lots of ____ drinks will give you pimples and cause tooth decay.
9. Eating well means eating lots of ____ foods.
10. If you never eat fresh fruit or vegetables, you will catch every ____ and cold.

Down

- 1. You can still have a ____ now and then.
- 3. Good food gives us everything we need to grow and be ____.
- 4. Monica's Dad tried to make her eat well by telling her to eat her ____.
- 7. The Lunch lady tried to get Monica to eat well by offering her ____.
- 8. If you eat fatty foods all your life, you will gain ____ and won't be fit.

Word Bank

FEAST
DIFFERENT
HEALTHY

VEGETABLES
SUGARY
ENERGY

SALAD
COUGH
TREAT

LUNCHTIME
WEIGHT

Answer Key

