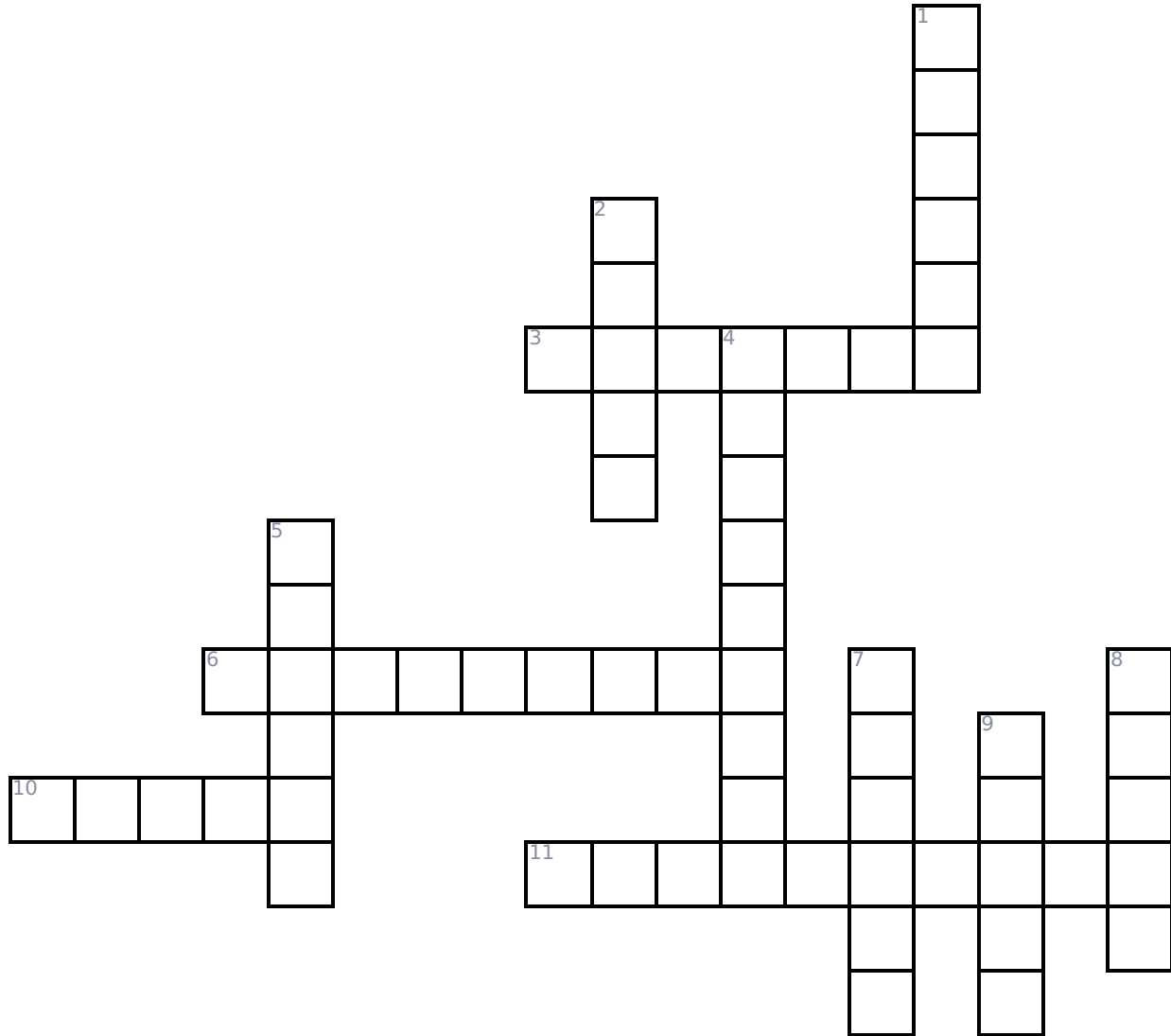


Name: _____

Date: _____

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

3. Good food gives us everything we need to grow and be ____.
6. Eating well means eating lots of ____ foods.
10. If you never eat fresh fruit or vegetables, you will catch every ____ and cold.
11. Monica's Dad tried to make her eat well by telling her to eat her ____.

Down

- 1. Good food helps us to have ____ and zing.
- 2. You can still have a ____ now and then.
- 4. Monica's new friend, Rachel, chose salad at ____.
- 5. If you eat fatty foods all your life, you will gain ____ and won't be fit.
- 7. Drinking lots of ____ drinks will give you pimples and cause tooth decay.
- 8. Monica and Rachel make every meal a ____.
- 9. The Lunch lady tried to get Monica to eat well by offering her ____.

Word Bank

FEAST
DIFFERENT
HEALTHY

VEGETABLES
SUGARY
ENERGY

SALAD
COUGH
TREAT

LUNCHTIME
WEIGHT

Answer Key

