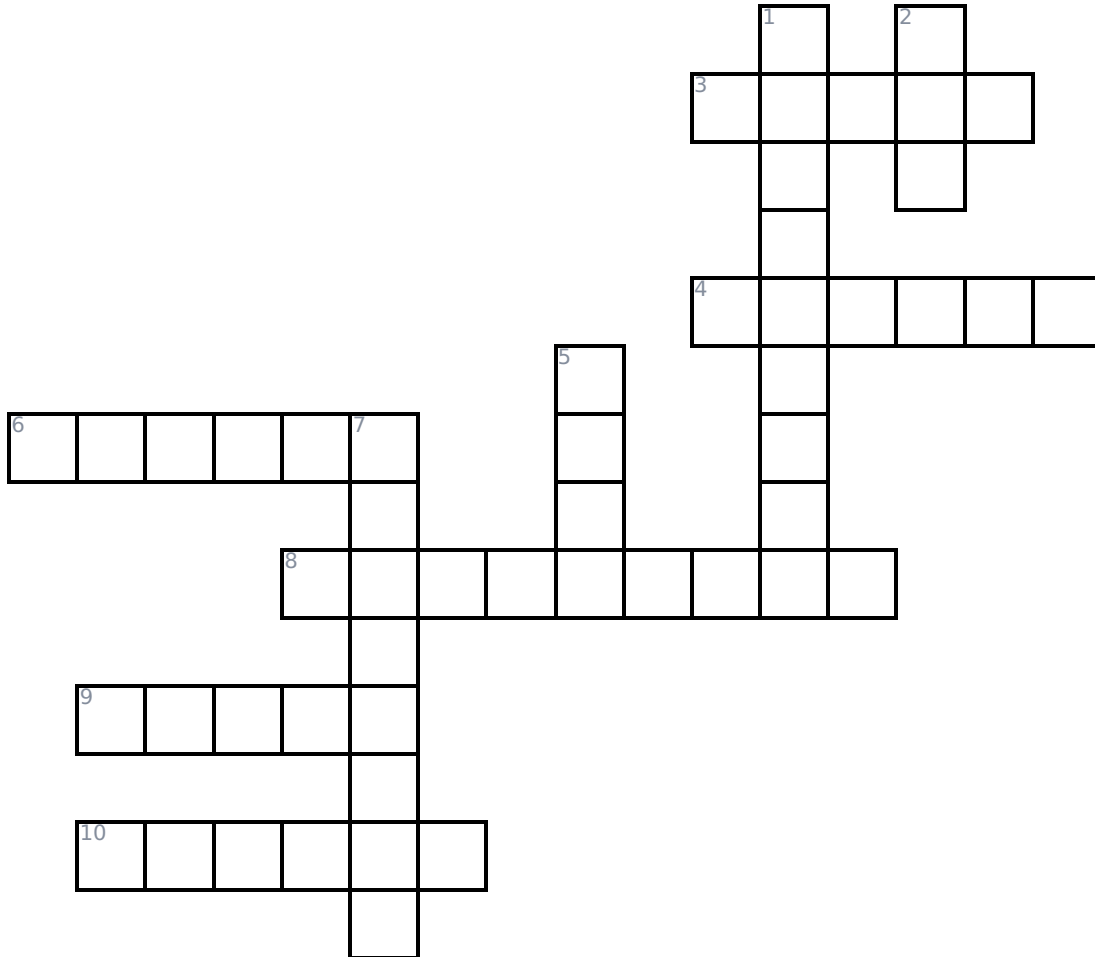


## Eat Healthy, Feel Great: Criss Cross

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 thirty - 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

