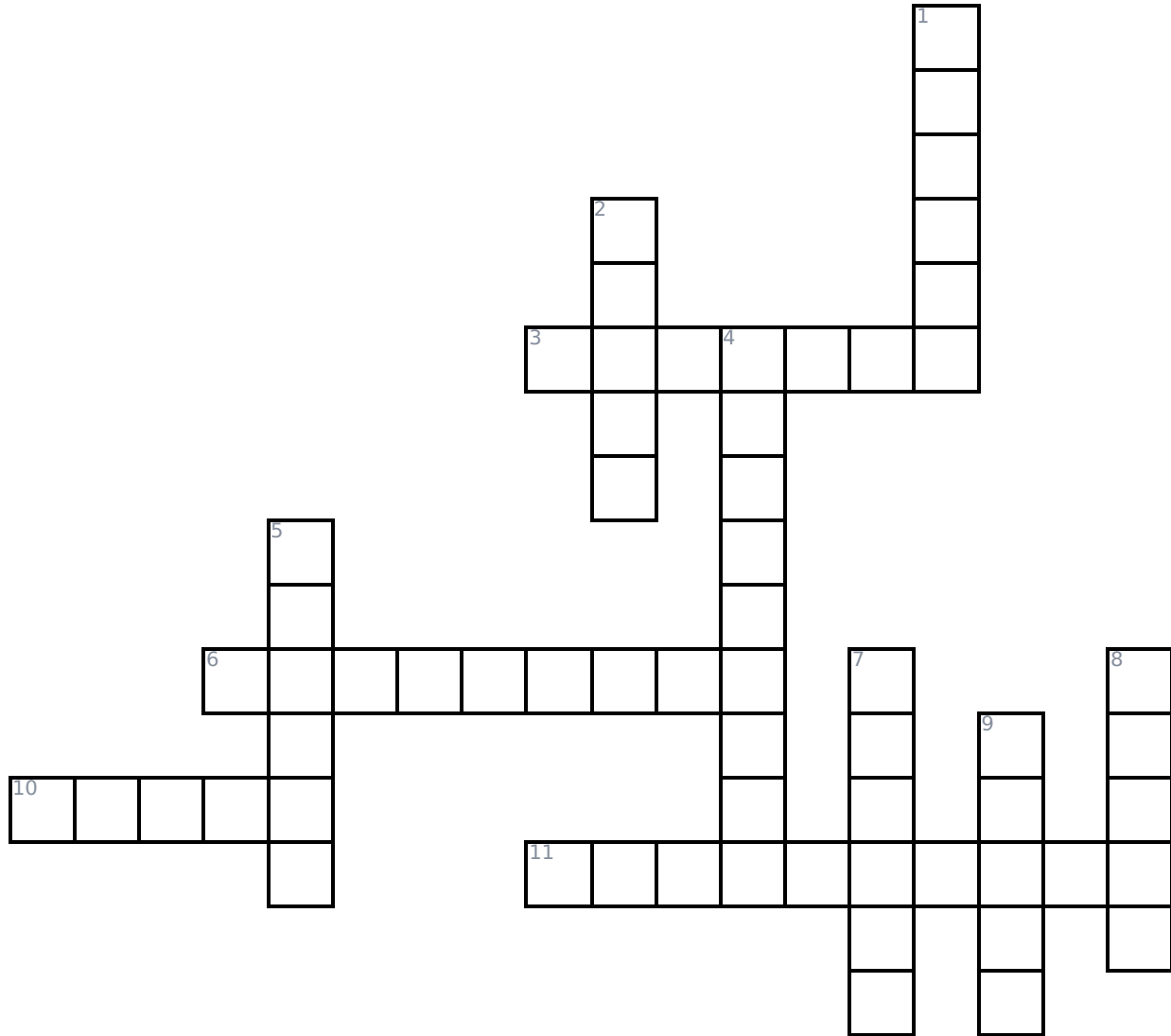


## Why Should I Eat Well?: Criss Cross

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

