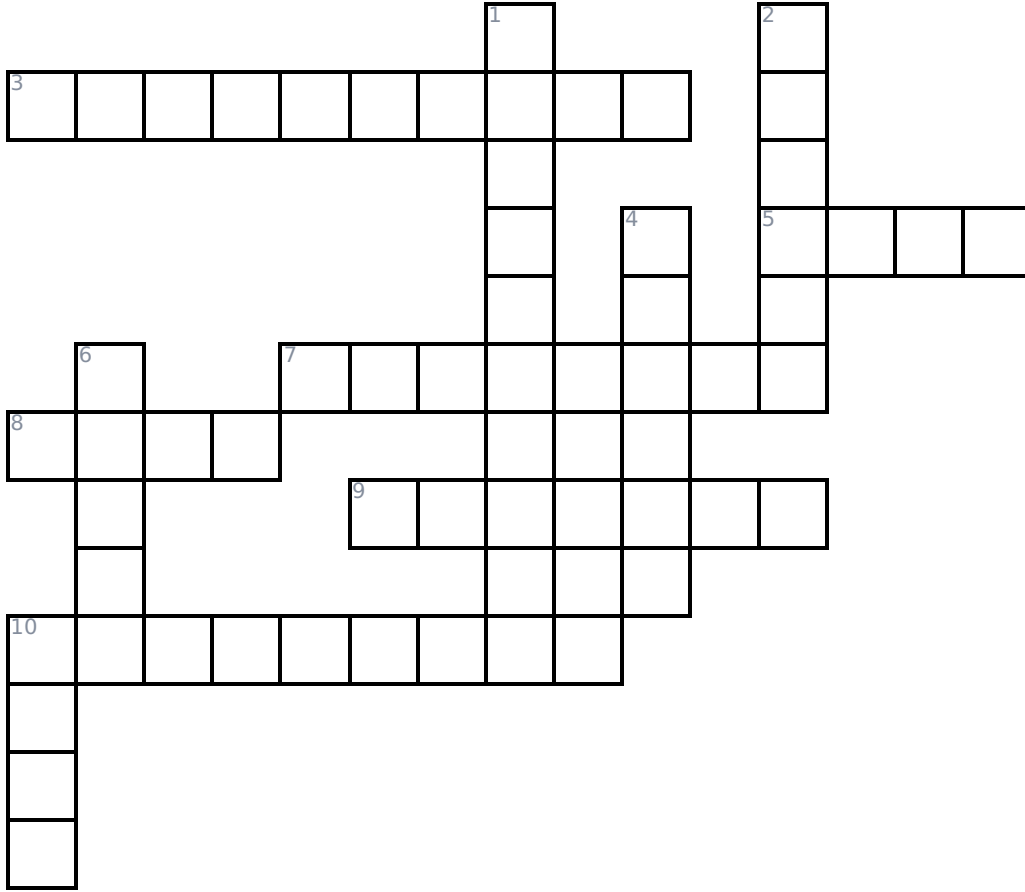


## Dinosaurs Alive And Well!: Criss Cross

Answer clues based on the content and vocabulary words from Dinosaurs Alive And Well!. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.



## Across

3. There is a lot you can do to take care of yourself and become the \_\_\_\_\_, happiest person you can be.
5. Having enough \_\_\_\_\_ helps keep you from feeling tired all the time.
7. Your body needs thirteen different \_\_\_\_\_.
8. Reading books will help keep your \_\_\_\_\_ healthy.
9. \_\_\_\_\_ helps build strong bones and teeth.
10. \_\_\_\_\_ is the most important meal of the day.

## Down

- 1. You can get all the vitamins you need from food - especially fresh fruits and \_\_\_\_\_.
- 2. \_\_\_\_\_ and vegetables have lots of water in them, too!
- 4. Spending time with people and doing things you love will help keep your \_\_\_\_\_ healthy.
- 6. \_\_\_\_\_ is the rough stuff in foods like fruits and vegetables that help you digest what you eat.
- 10. Exercise will help keep you \_\_\_\_\_ healthy.

## Word Bank

HEALTHIEST  
BREAKFAST  
CALCIUM

BODY  
VITAMINS  
IRON

MIND  
FRUITS  
FIBER

SPIRIT  
VEGETABLES

# Answer Key

