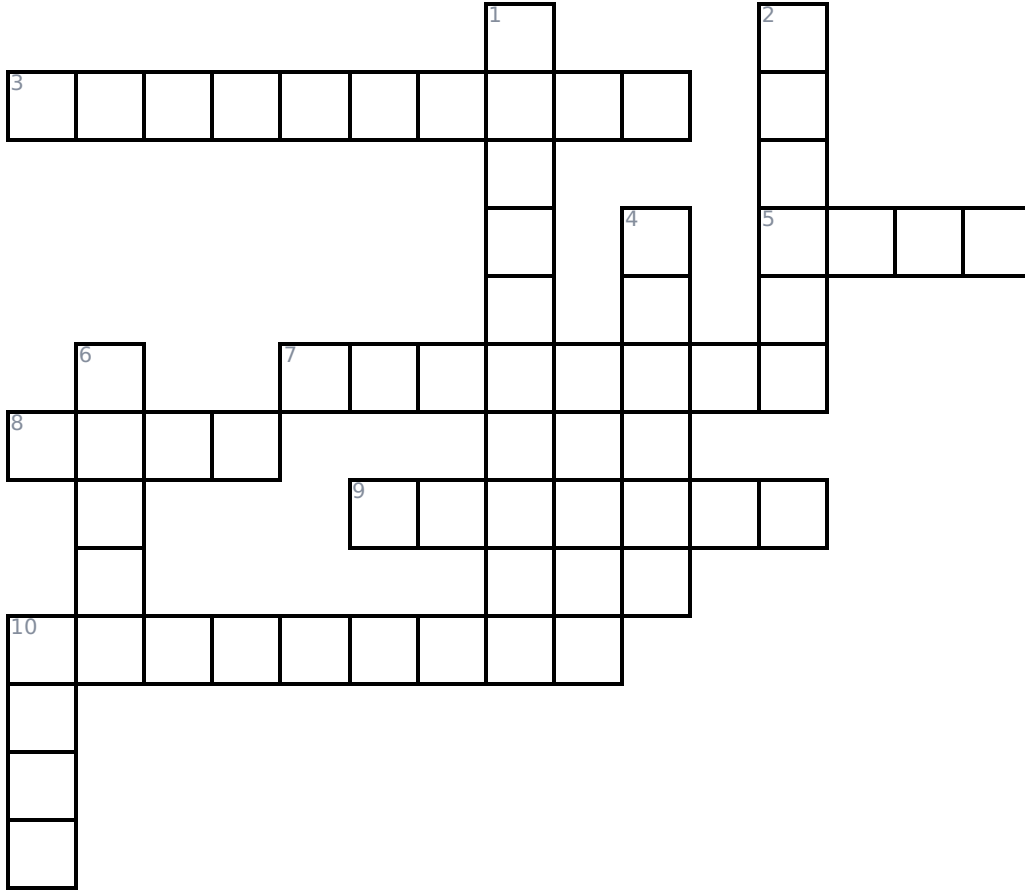


Dinosaurs Alive And Well!: Criss Cross

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

