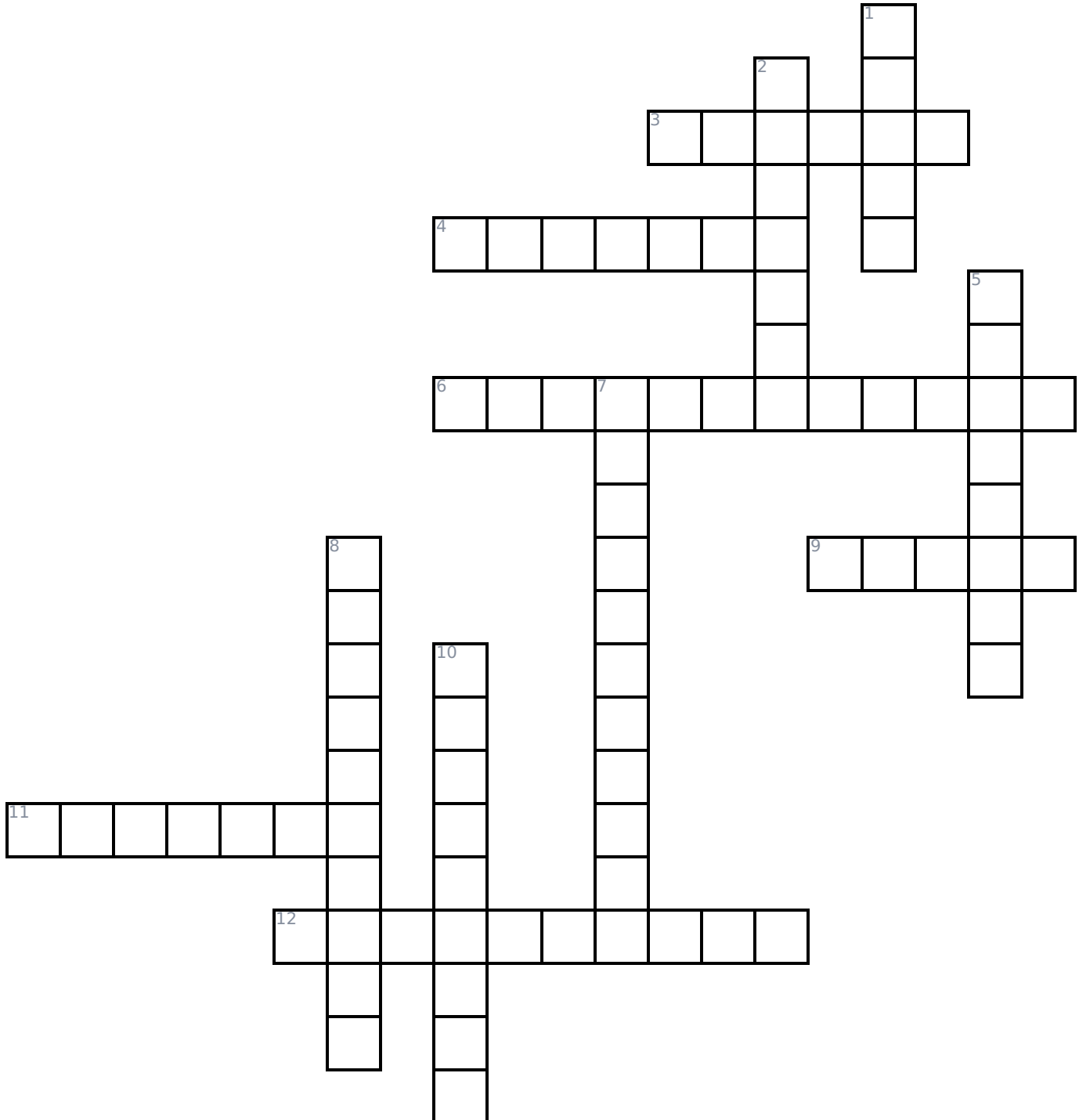


## Eat Your Vegetables! Drink Your Milk!: Criss Cross

Answer clues based on the content and vocabulary words from Eat Your Vegetables! Drink Your Milk!. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.



## Across

3. A watery fluid in your mouth that helps you swallow and digest food
4. A measurement of the amount of energy that food gives you
6. A starch or sugar, a nutrient that provides the body with energy
9. The part of a plant that a person cannot digest
11. A simple sugar used as fuel by body cells
12. All the chemical reactions that go on in the body

## Down

- 1. A large organ that produces a liquid called bile, which helps digest food
- 2. An unpleasant reaction to certain substances
- 5. A chemical in food that is used by the body
- 7. One of the tubes that carries blood through the body
- 8. A substance taken in addition to food to provide extra nutrients
- 10. The tube that carries food from the mouth to the stomach

## Word Bank

ALLERGY  
ESOPHAGUS  
METABOLISM

BLOOD VESSEL  
FIBER  
NUTRIENT

CALORIE  
GLUCOSE  
SALIVA

CARBOHYDRATE  
LIVER  
SUPPLEMENT

# Answer Key

