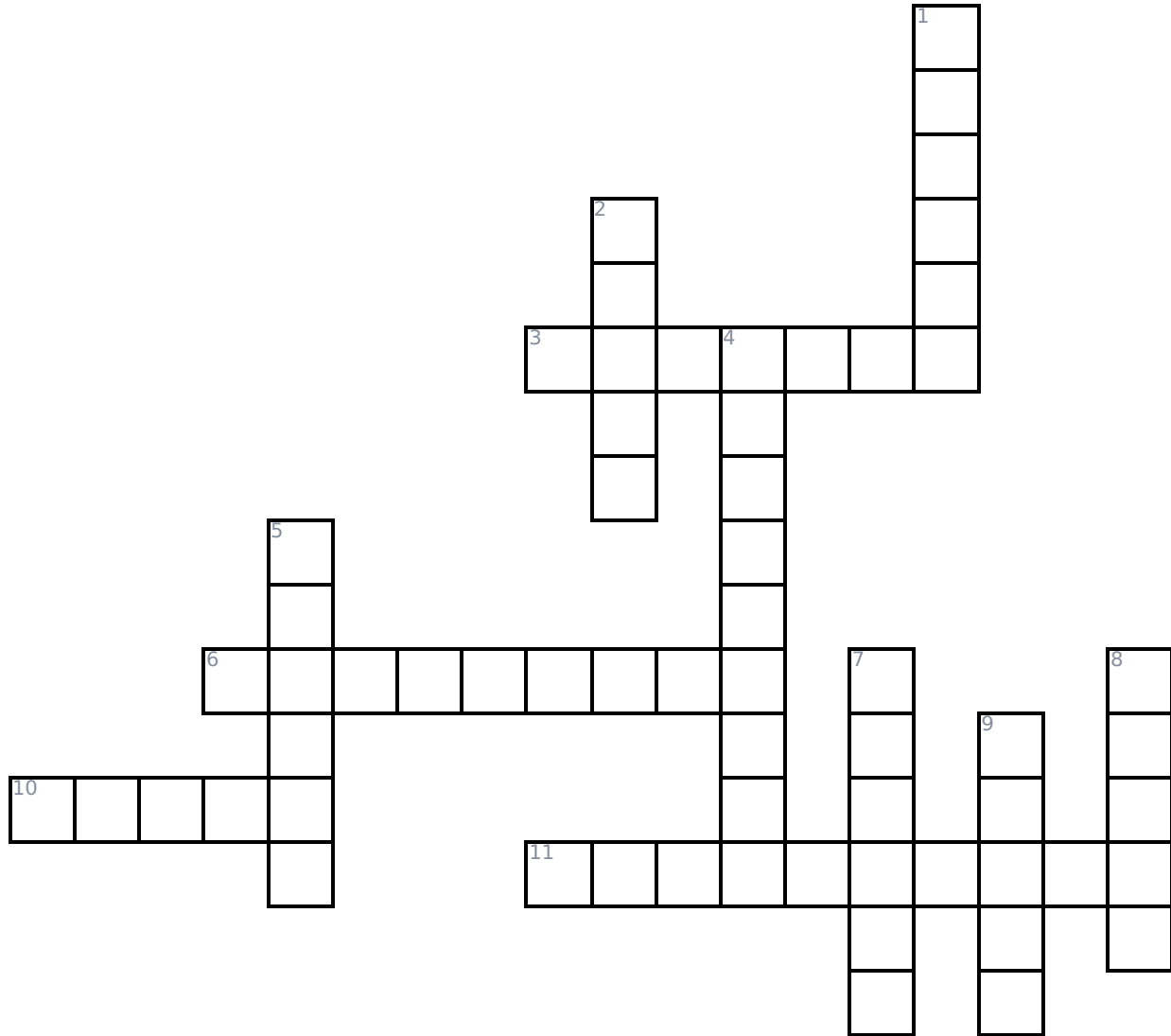


Why Should I Eat Well?: Criss Cross

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

