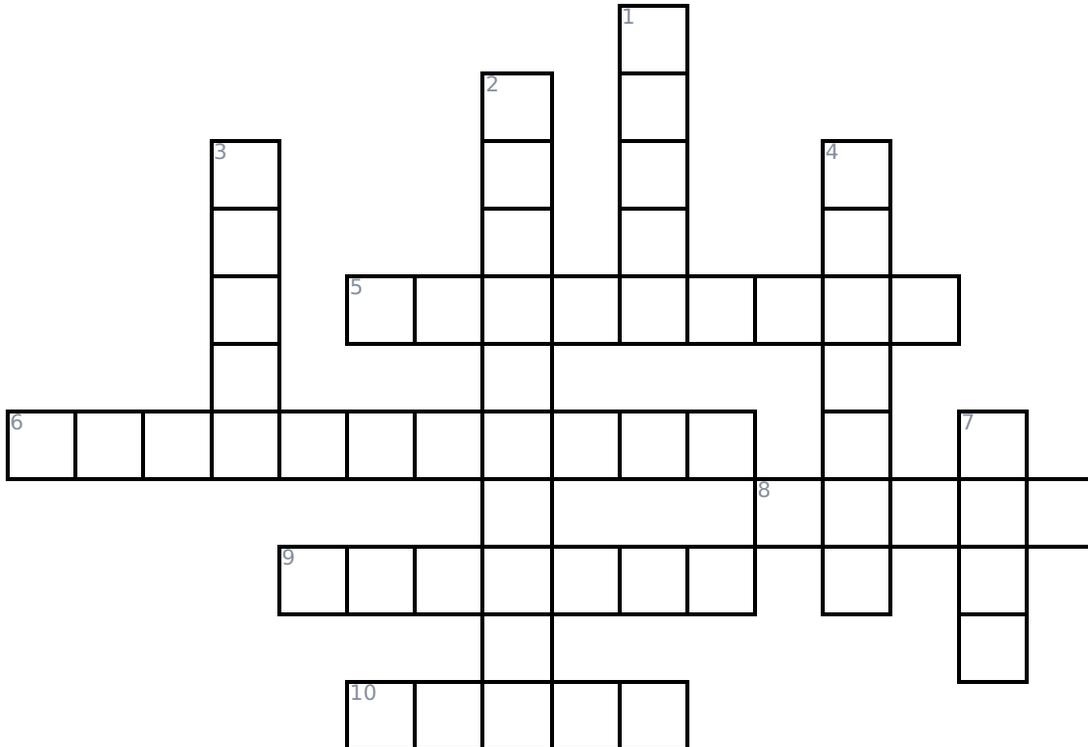


You Are What You Eat: Criss Cross

Answer clues based on the content and vocabulary words from You Are What You Eat. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.



Across

5. The first meal of the day.
6. A Guide for what kind of foods to eat.
8. A healthy food group that includes apples and bananas.
9. Eating good foods help keep you ____ and fit.
10. Spaghetti is a type of ____.

Down

- 1. A small amount of food in between meals.
- 2. A healthy food group that includes carrots and lettuce.
- 3. Eating Healthy foods will keep you from feeling ____ all the time.
- 4. A sweet treat after your meal.
- 7. ____ comes from cows or an alternative source such as nuts, soy or peas

Word Bank

BREAKFAST
PASTA
VEGETABLES

DESSERT
SNACK
FRUIT

FOOD PYRAMID
TIRED

HEALTHY
MILK

Answer Key

