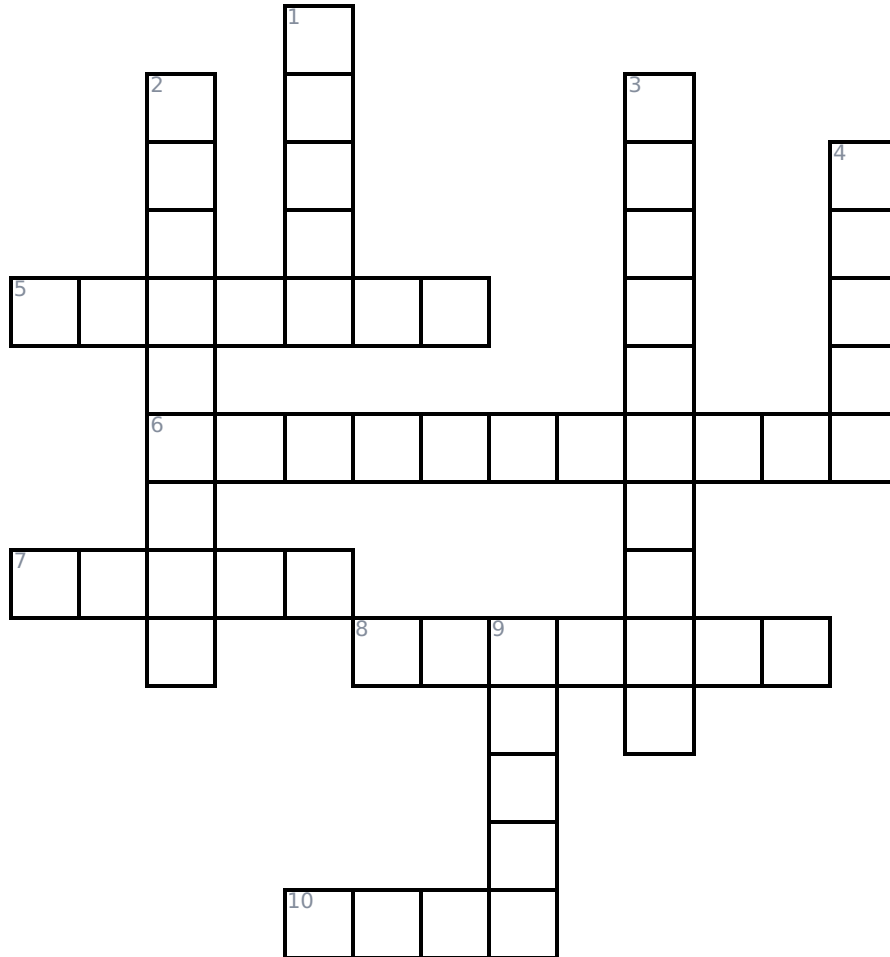


## You Are What You Eat: Criss Cross

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. Eating good foods help keep you \_\_\_\_ and fit.
6. A Guide for what kind of foods to eat.
7. Spaghetti is a type of \_\_\_\_.
8. A sweet treat after your meal.
10. \_\_\_\_ comes from cows or an alternative source such as nuts, soy or peas

## Down

- 1. A healthy food group that includes apples and bananas.
- 2. The first meal of the day.
- 3. A healthy food group that includes carrots and lettuce.
- 4. Eating Healthy foods will keep you from feeling \_\_\_\_ all the time.
- 9. A small amount of food in between meals.

## Word Bank

BREAKFAST  
PASTA  
VEGETABLES

DESSERT  
SNACK  
FRUIT

FOOD PYRAMID  
TIRED

HEALTHY  
MILK

