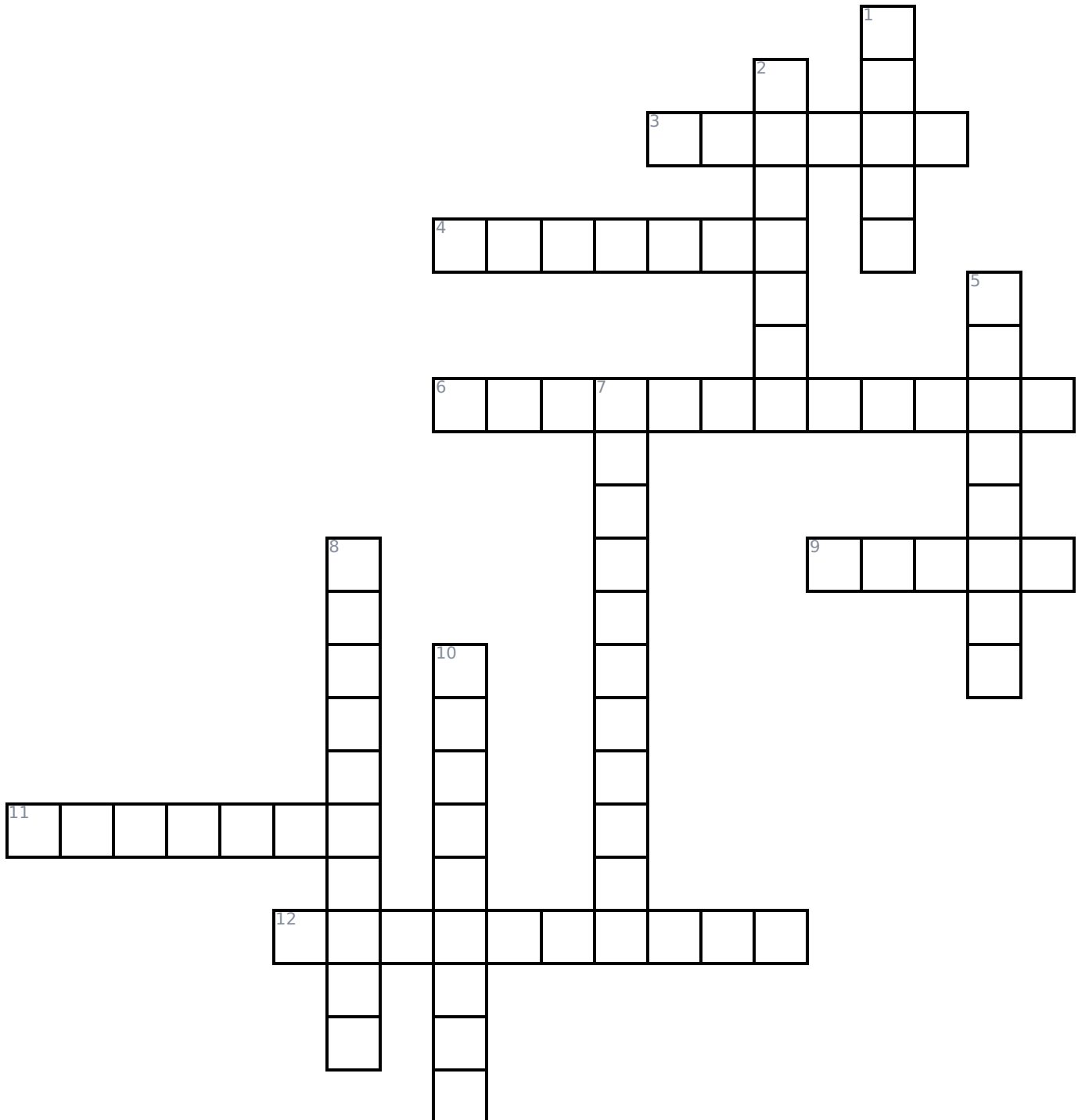


Eat Your Vegetables! Drink Your Milk!: Criss Cross

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

