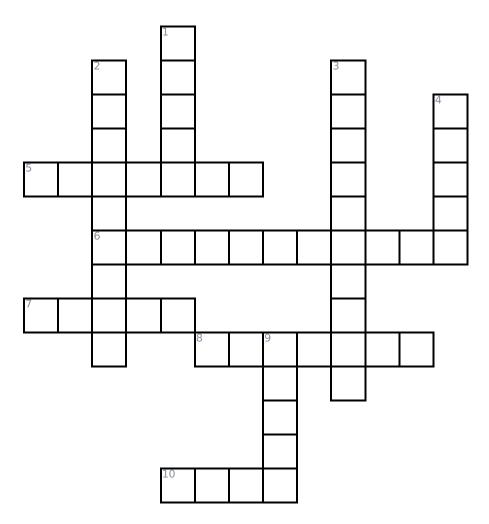


Name: _____

Date: _____

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 goo 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	DESSERT	FOOD PYRAMID	HEALTHY
PASTA	SNACK	TIRED	MILK
VEGETABLES	FRUIT		

Answer Key

