

WORD GAMES

K Z T A D N X M N W V Y P G G H C L Y R R S R W R S B A L N V I U Q M K A
M E N U H Q S G U N I K V J U U V Q E K S D E U E Z A G U O X N L Z T H N
T B A L A N C E D I V Z C F X B N N H E S V B U W C N T L G F G N P J L M
C S A I P W Q P K F C I T A F N N Y N I G M I N W D R J W A F R T Y F T G
L D A Z I X X O O S R L T T N I D L U F E C F E L I F J T T G E P M P B L
F V H F F Y D F C T R U A A D S L Z W A Y V Q P T H X T V O P D G K O N Z
F K J K K I E C C N L O I C M E T Z L B W W C I K E H C N U L I H R X R Y
L K Z X G A O E D E Z O R T W I P S S C X F O U L A M U I I N E R X A J N
F U H O C O E J N I E T O R P B N D N C P N E M Y L I G U D V N N J R J I
R F F A K K X R T R B M I X H S Y S I J J P J Z B T W O S A H T I E D L U
Z Z L I J Q A T B T N F H Z Y Y J I A P H U W U M H B A W I A S T N J P T
Y Q N R E C I P E U J U W Z I D N M R U B X X Z H Y D U Y R W A Z O W T T
F G I J H Z F K I N K M E L B A T E G E V F E M P X I K S Y W F V C O G H

NUTRITION
HEALTHY
MENU

VEGETABLE
FRUIT
GRAINS

WELLNESS
BALANCE
MEALS

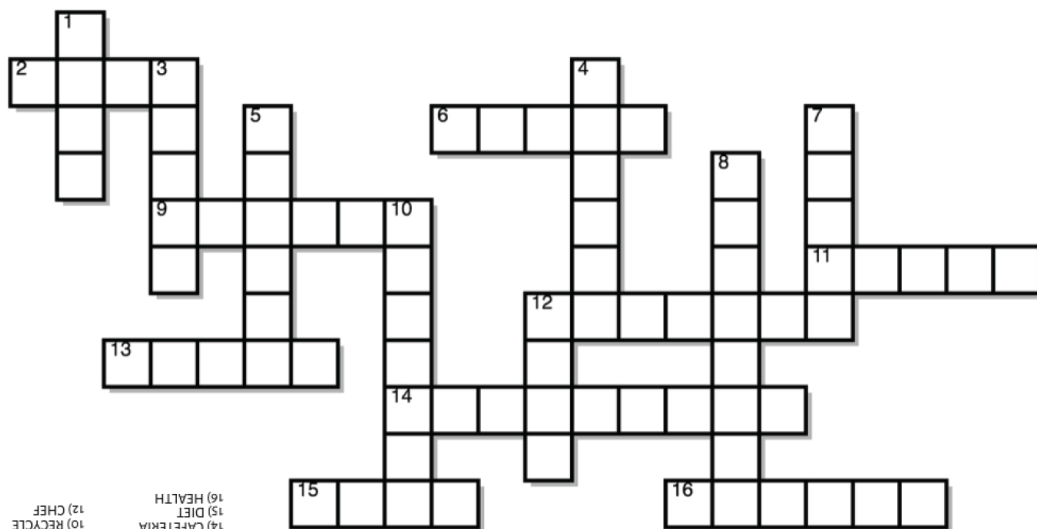
LUNCH
DINNER
SNACK

VITAMINS
PROTEIN
FIBER

WATER
INGREDIENTS
RECIPE

COOKING
DAIRY
BREAKFAST

NUTRIENTS
CALCIUM



ACROSS

- 2 A pronged utensil used for picking up and eating food
- 6 A natural carbohydrate found in fruits and vegetables
- 9 The distinctive taste of a food or drink
- 11 A living thing that grows and has a stem, leaves, and roots
- 12 The measurement of the amount of energy in food
- 13 A natural state of rest with your eyes closed
- 14 The location most commonly used to eat meals in school
- 15 The kinds of food that a person eats
- 16 The general condition of body and mind

DOWN

- 1 The yellow internal part of a bird's egg
- 3 A sharp utensil used to cut food
- 4 This peel-able fruit is high in potassium
- 5 A round juicy citrus fruit
- 7 A type of berry that grows in clusters on a vine
- 8 The activity of exerting muscles to keep fit
- 10 A way to convert waste into reusable material
- 12 The title of someone who prepares and cooks food

ANSWERS
DOWN
1) YOLK
2) FORK
3) KNIFE
4) BANANA
5) ORANGE
6) CRABE
7) GRAPE
8) EXERCISE
9) RECICLE
10) CHEF
ACROSS
11) HEALTH
12) DIET
13) CAFETERIA
14) SLEEP
15) CALORIE
16) PLANT
17) FLAVOR
18) SUGAR
19) YOLK
20) FORK

Health•e PRO