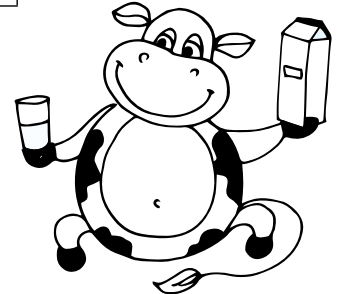
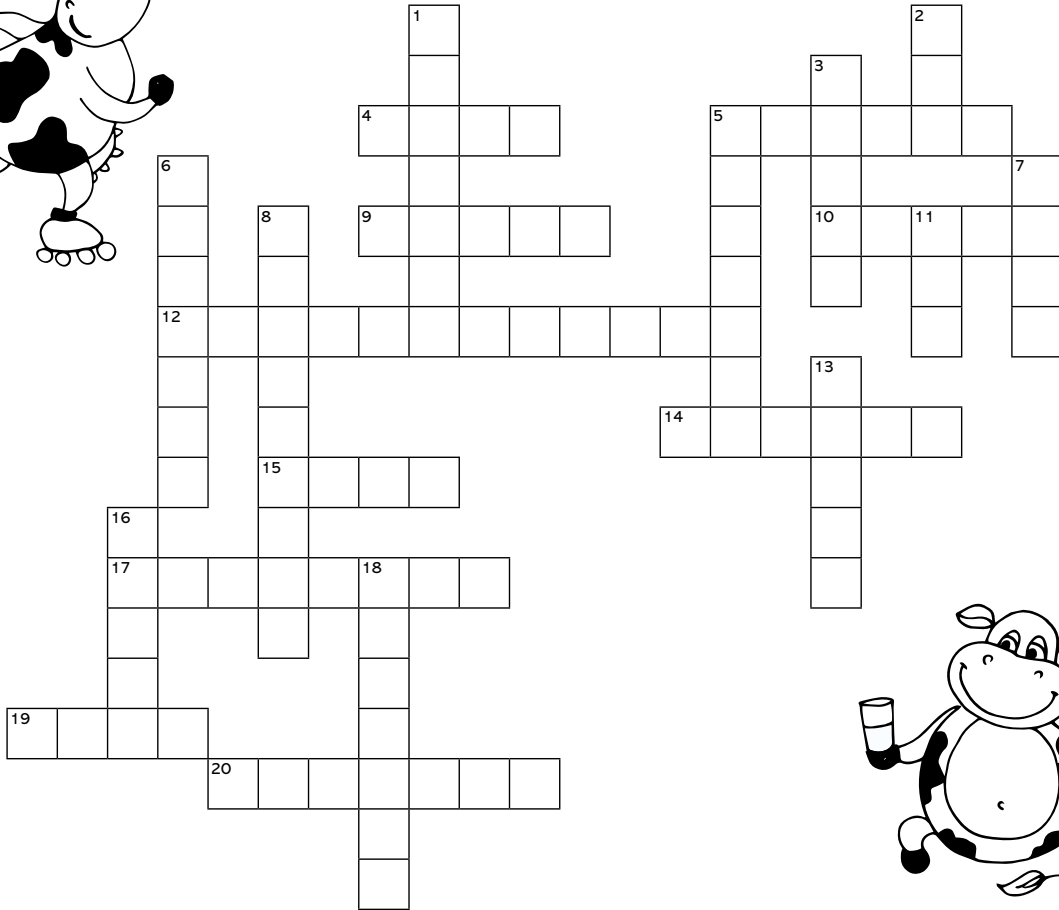
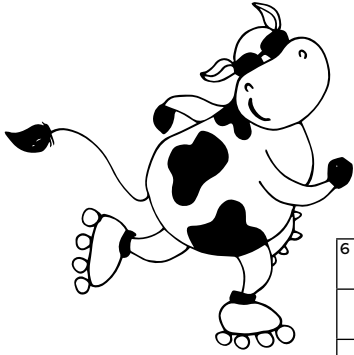


# Crossword Puzzle



## Down

1. where food starts to digest
2. this nutrient can be found in foods like avocado
3. one of our five senses
5. helps your body repair and grow muscles
6. the mineral that helps us build strong bones
7. what you do with food before swallowing
8. milk is \_\_\_\_\_ with vitamins A and D to help us stay healthy
11. \_\_\_\_\_ your vegetables!
13. \_\_\_\_\_ your milk!
16. when you have a cold, food tastes funny because you can't \_\_\_\_\_
18. livestock agriculture means that farmers work with \_\_\_\_\_

## Across

4. eating well helps you take care of your \_\_\_\_\_
5. they grow in your garden
9. we need to drink this often to survive
10. we chew with these
12. not protein or fat
14. after you eat, you tend to have lots of this
15. all living things need \_\_\_\_\_ to survive
17. found in the ground, and in our bodies
19. a drink that helps you have strong teeth and bones
20. 'C' is a famous one