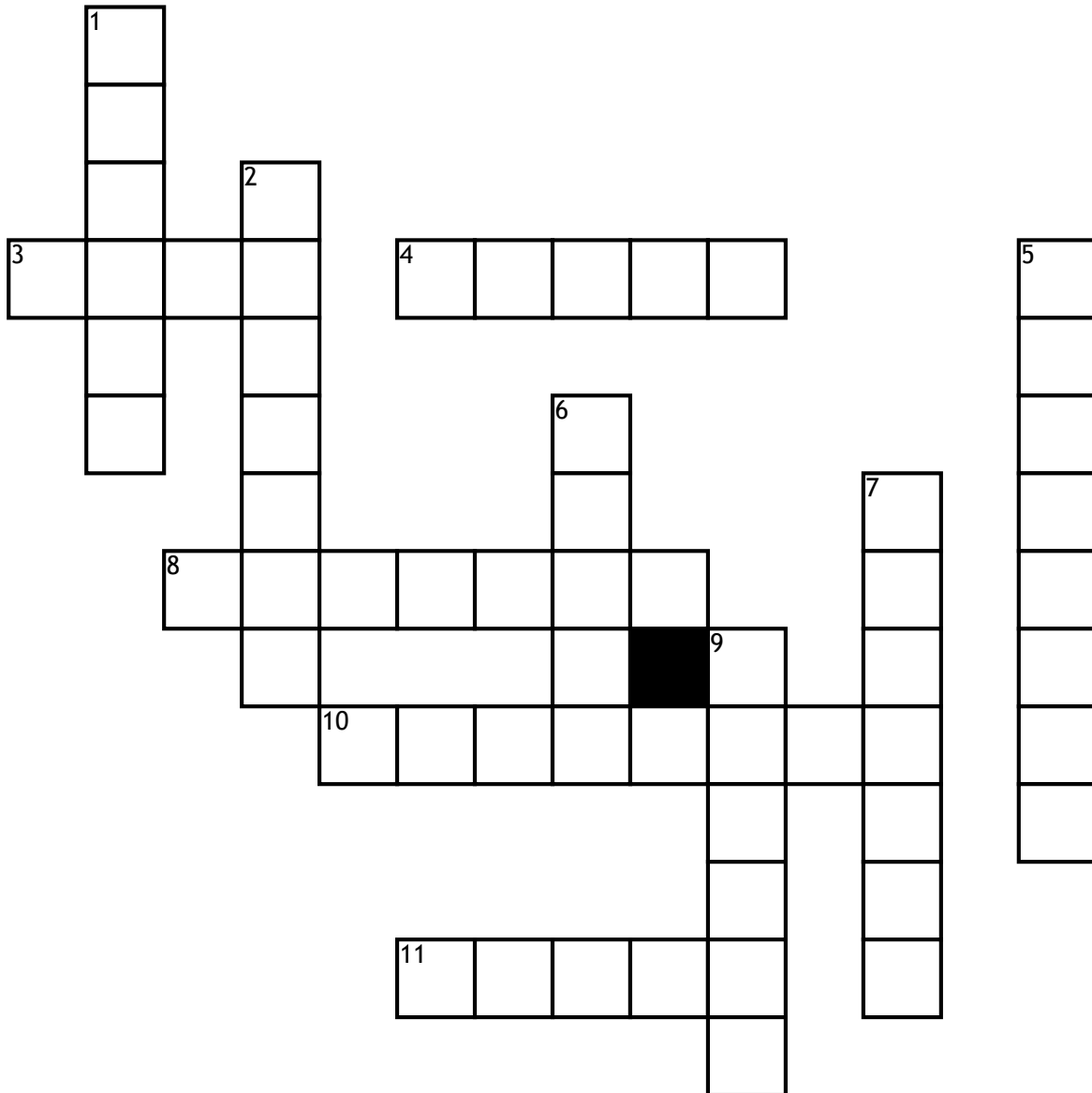


Name: _____

Healthy Eating Habits



Across

3. How many food groups are there?
4. Typically sweet and help protect against diseases later in life.
8. A type of protein
10. Avoid eating _____ as much as possible.
11. The healthiest drink for you

Down

1. _____ gives you long-lasting energy.
2. You should try to eat _____ as often as possible!
5. Having _____ can cause sleep problems.
6. Avoid _____ drinks.
7. A type of grain
9. A type of dairy.