

Name: _____

Date: _____

What things must we do to stay healthy?

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

vegetables	exercise	hydrate	bedtime	cheese
water	fruit	sleep	jump	play
swim	walk	bike	skip	meat
food	jog	run	eat	