

Healthy Habits for Healthy Kids

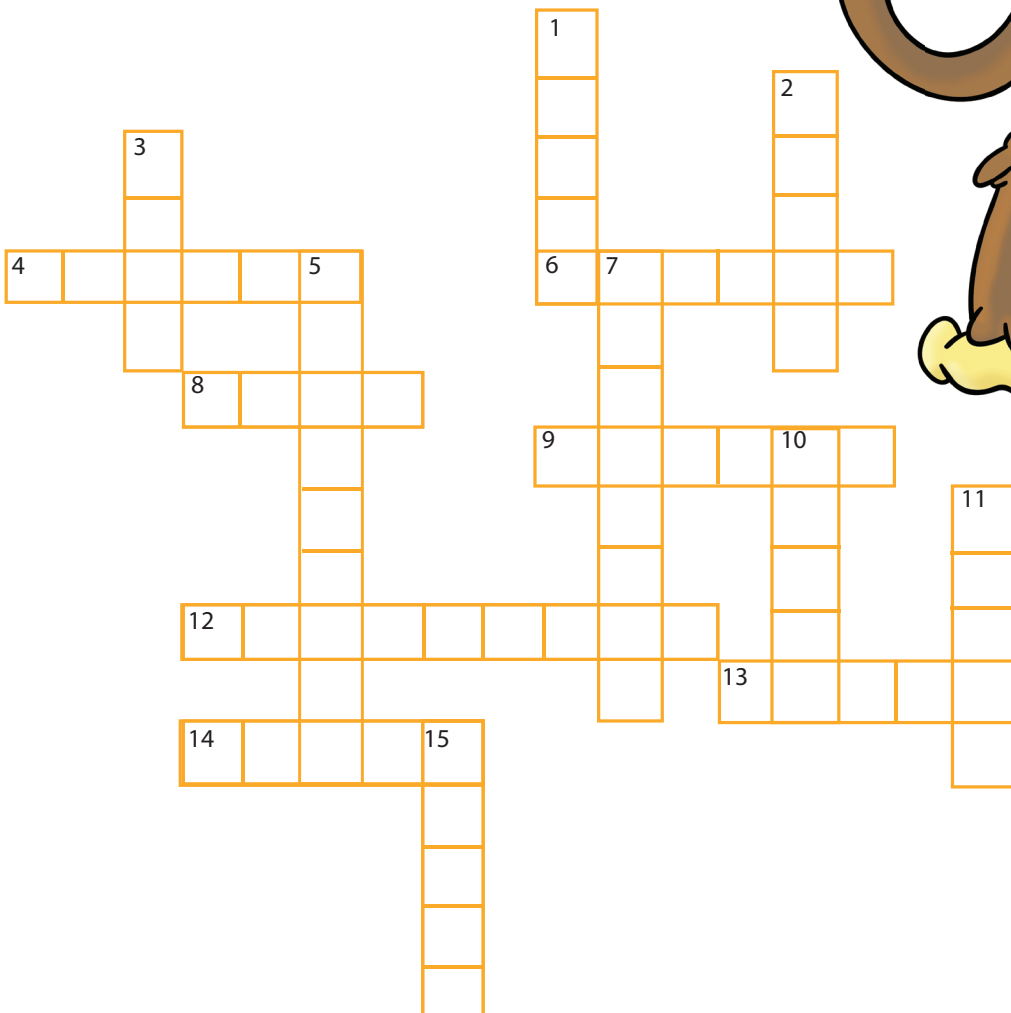
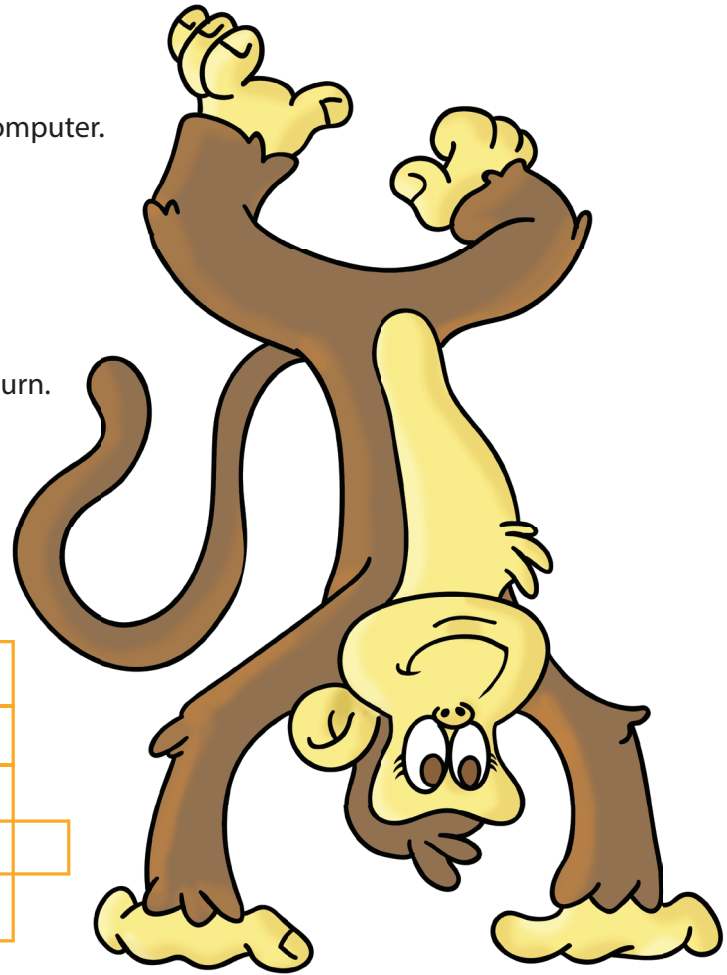
Complete the crossword puzzle to learn ways to be healthy.

ACROSS

4. Choose healthy food and _____ instead of sweet treats.
6. Wear a _____ when riding a bike or scooter.
8. Be _____ and respectful of others.
9. Eat five servings of _____ and vegetables every day.
12. Grab _____ before school each morning.
13. Limit your screen time by putting down your _____ or computer.
14. Wash your _____ at the sink.

DOWN

1. Cover your _____ when you cough.
2. Make sure you get enough _____ each night.
3. Aim to _____ a book for 15 minutes a day.
5. Use _____ when you're outside to protect you from sunburn.
7. Get plenty of _____ by playing outside.
10. Brush your _____ every morning and evening.
11. Drink _____ instead of sugary drinks.
15. _____ your toys and games with friends and siblings.



WORD BANK

- | | |
|-----------|-----------|
| Breakfast | Read |
| Exercise | Share |
| Fruits | Sleep |
| Hands | Snacks |
| Helmet | Sunscreen |
| Kind | Teeth |
| Mouth | Water |
| Phone | |