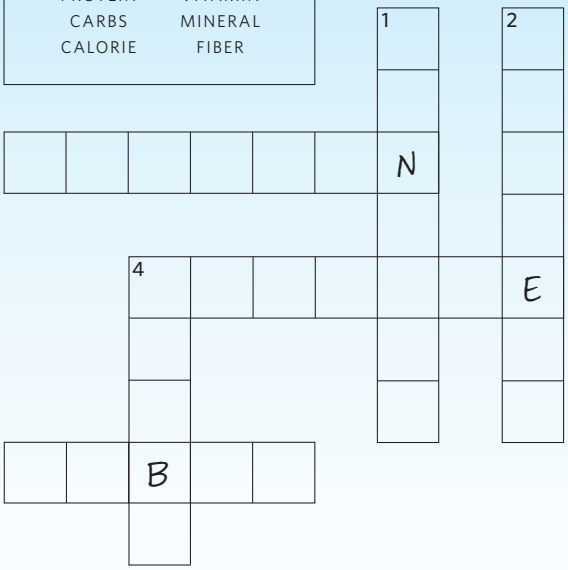
CROSS(WORD) FIT

Eating right helps keep you fit! But can you fit these nutrition words into the crossword squares?

There is only one way they all fit!

Answers are on the bottom of the page.

PROTEIN
CARBS
CALORIE
VITAMIN
MINERAL
FIBER



MAKE IT!

TRAIL MIX

This snack gets its name because you can eat it while walking on a hiking trail or doing other healthy things. But some people call it "gorp!" It's sweet, salty, and crunchy... and super-easy to make:

1. Get a clean, sandwich-size plastic bag that "zips" closed.
2. Fill it about halfway full with any of these small snacky things: nuts (if you can have them!), raisins and other dried fruits, mini pretzels, pumpkin or sunflower seeds, pieces of cereal and even a few chocolate chips or other tiny candies.
3. Zip the bag closed... and make very sure it's closed tight. Because next, you...
4. Shake the bag! This mixes all the snacks together, so every bite is different.

Now, take a hike! Or play sports, run around, or jump in the pool. And bring your trail mix to munch when you get hungry, and also plenty of water. A healthy activity and a healthy snack make a great day.

MUSICAL STATUES

This is a game like Musical Chairs, but with just the music. Instead of trying to sit in chairs, you and your friends pretend to be statues!

1. Choose a fun song to dance to.
2. Have someone play or sing the song, then stop it suddenly.
3. When the songs stops, the dancers freeze! You all hold still like statues. Can you balance?
4. Start the song again, stop it again, and freeze again. Over and over!

You can make it a game, too. Whoever makes it through the song, without falling over, wins!

HEY, PARENTS!

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ANSWERS: 1. MINERAL 2. PROTEIN 3. VITAMIN
4. (ACROSS) CALORIE 4. (DOWN) CARBS 5. FIBER