

# ***kick start!*** ***eat smart!***

Can you find a fruit or vegetable in each of the five colors? Also look for the other "nutrition" words listed below. Remember, the words can be written across, up and down, backwards, or diagonally.

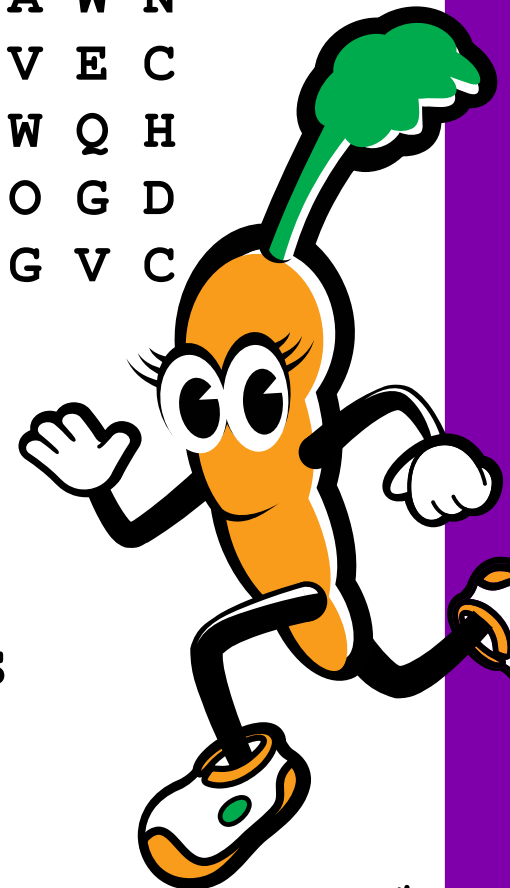
Eat a Rainbow!



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

BANANA  
 CARROT  
 EATING  
 FRUITS  
 GARDEN  
 HEALTHY  
 LETTUCE  
 MINERALS

NUTRIENTS  
 PLUM  
 RAINBOW  
 TOMATO  
 VEGETABLES  
 VITAMINS  
 WATER



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A body needs daily activity to keep fit and healthy. Can you find the words below in the puzzle? Remember, the words can be written across, up and down, backwards, or diagonally. Do you run and play every day? What else do you do that keeps you healthy?



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

ACTIVITY  
 DANCE  
 ENDURANCE  
 EXERCISE  
 FITNESS  
 HIKE  
 JUMP  
 MOVE

MUSCLE  
 PLAY  
 RUN  
 SPORTS  
 STRENGTH  
 SWIM  
 WALK

