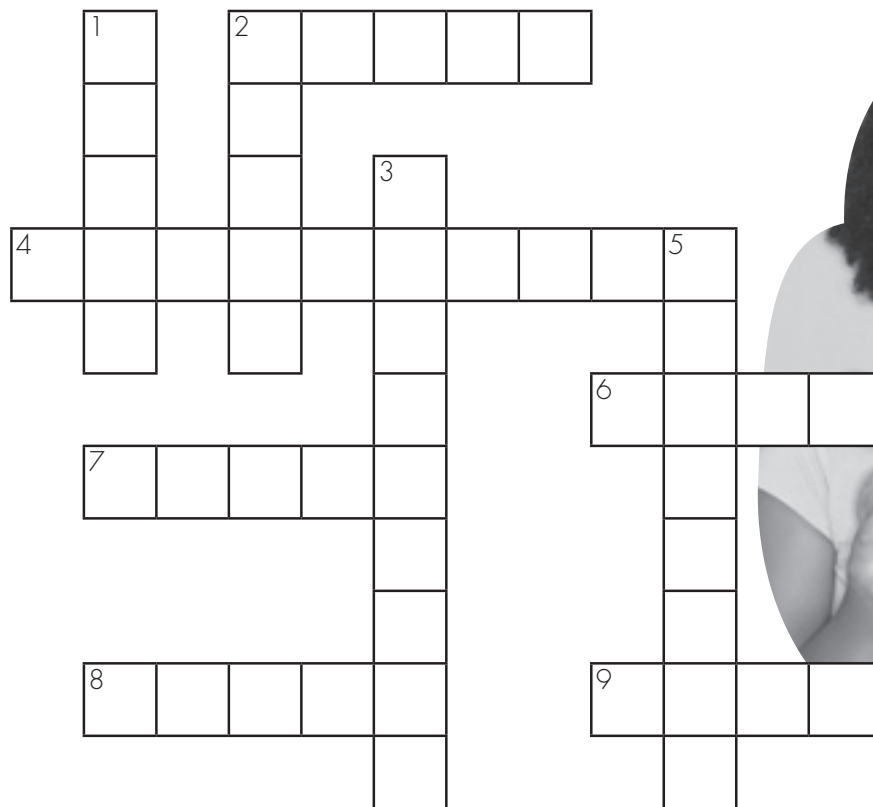


Snacks & Drinks Crossword



Across

- 2 Look for snacks made with _____ grains.
- 4 Raw _____ make great snacks — try them with dip!
- 6 Try making your own healthy snacks at _____.
- 7 Avoid drinks and snacks with lots of _____.
- 8 Watch out! Make sure your fruit drinks say 100% _____.
- 9 Low-fat _____ is a great drink choice — it helps keep bones strong.

Down

- 1 Check the _____ before you choose a drink or snack.
- 2 Get this healthy drink from a fountain, a bottle, or your kitchen sink.
- 3 Choose snacks with less _____ fat.
- 5 Put fruit, yogurt, and ice in a blender to make a _____.