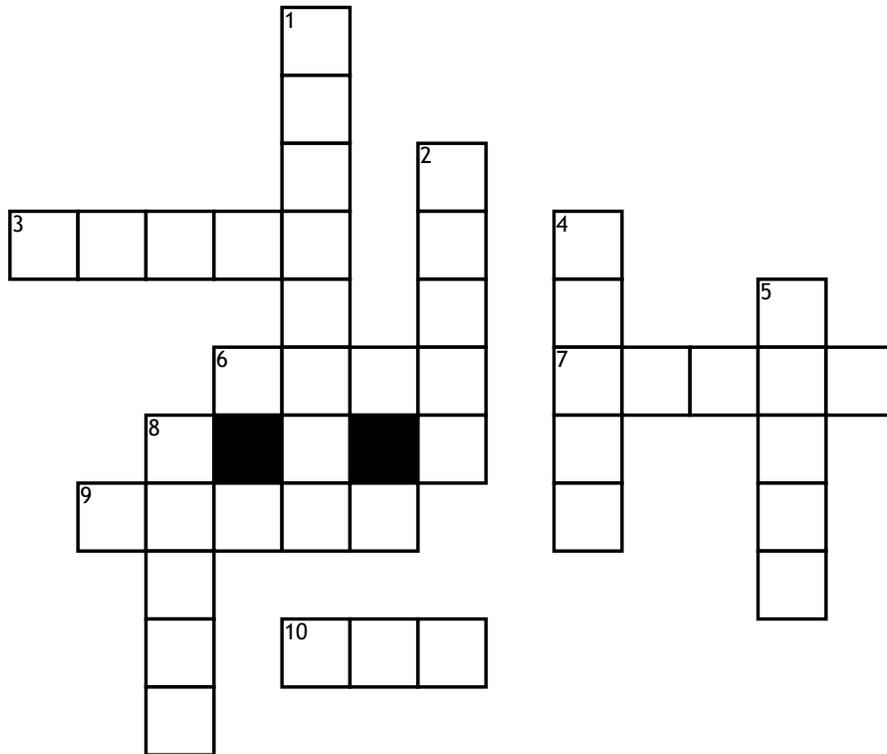


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Balance What You Do This Summer



## Across

3. Soda and sweetened beverages should be avoided because they are full of \_\_\_\_\_.
6. You should eat fruits and vegetables at least \_\_\_\_\_ times a day.
7. How many cups of water should you drink a day?
9. What should you drink whenever you are thirsty?
10. Screen time should be limited to how many hours or less per day?

## Down

1. What should children do for at least one hour every day?
2. How many servings of dairy should you have per day?
4. What do children and teens need to do for about 9.5 hours per night?
5. Make half of the grains you eat \_\_\_\_\_ grains.
8. Which food group are milk, cheese, and yogurt in?

## Word Bank

Eight  
Sleep

Water  
Dairy

Whole  
Two

Sugar  
Three

Five  
Exercise