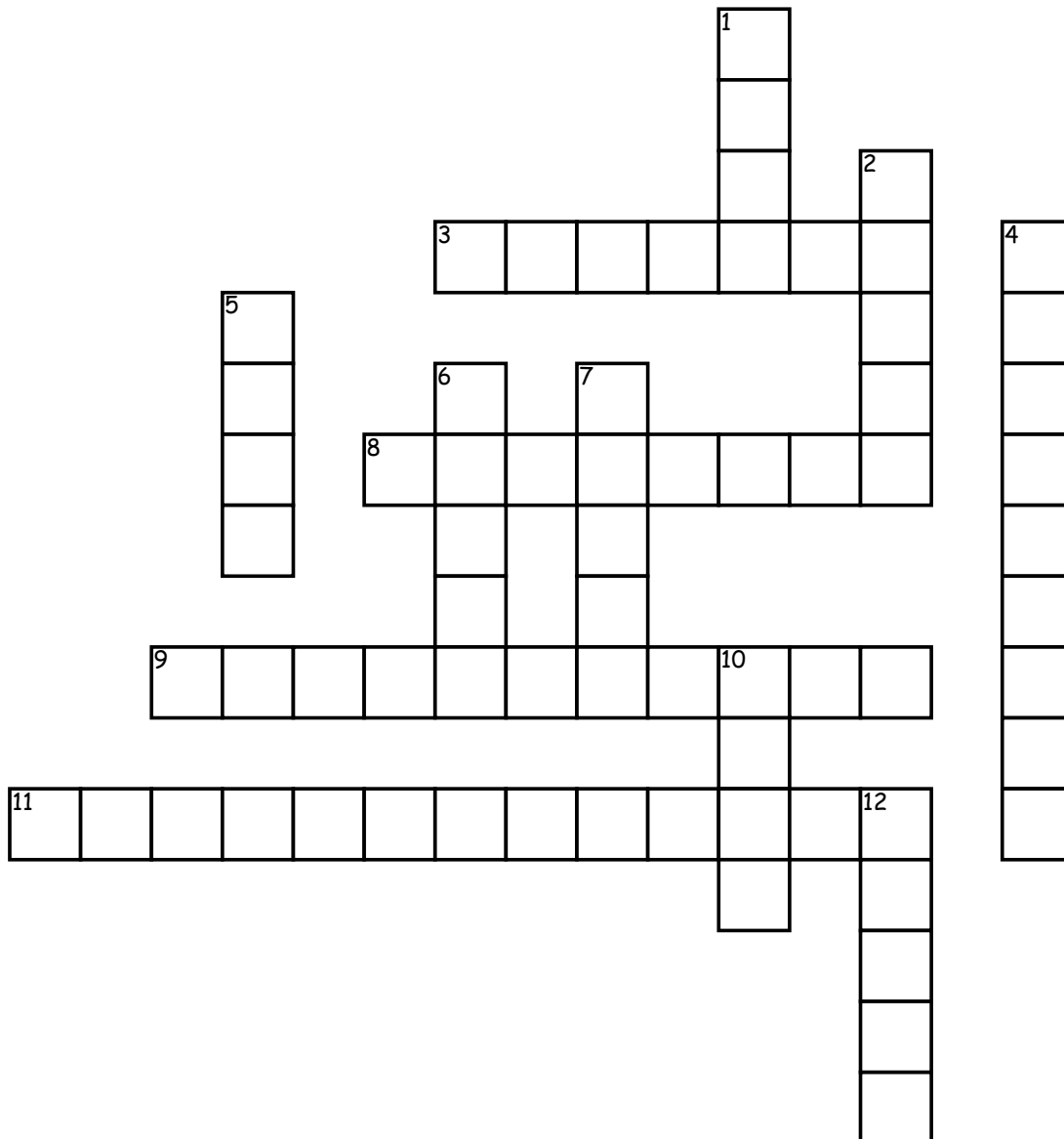


# Encouraging children to eat healthily



**Across**

- 3. The.....plate
- 8. Children should have a .....diet
- 9. Children should not drink these
- 11. Starchy foods are full of these

**Down**

- 1. There are this many food groups

2. Iron is really good for keeping childrens.....healthy

4. These things should not be added to food children eat

5. Vitamin C may prevent children from getting a...

6. Milk and yogurts are class as this type of food group

7. Children need to drink lots of this

10. Children should avoid eating these

12. This is not good for children to eat in high amounts