

# Healthy foods

Someone once said, "You are what you eat." It means that - if you eat healthy foods you will grow up to be healthy and strong. Can you find the name of each good food item in the word puzzle?



APPLE



SPAGHETTI



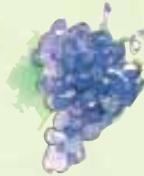
CARROT



BANANA



ORANGE



GRAPES



CELERY



CHEESE



STRAWBERRY



PEPPERS



POTATO



BROCCOLI

M Y S I K R R B R E A D  
E G B P O M Y R E L E C  
E S T R A W B E R R Y W  
P B E G A G P F G A S M  
S G T C C N E R I G P I  
G A O E H T A T P S A L  
M P R S E P T N T E H K  
R G R S E D A P A I C A  
F R A S S S E D T B E H  
E A C T E A P P L E G T



eat your  
**colors**

It's essential to get a colorful variety of fruits and vegetables into your diet every day!

