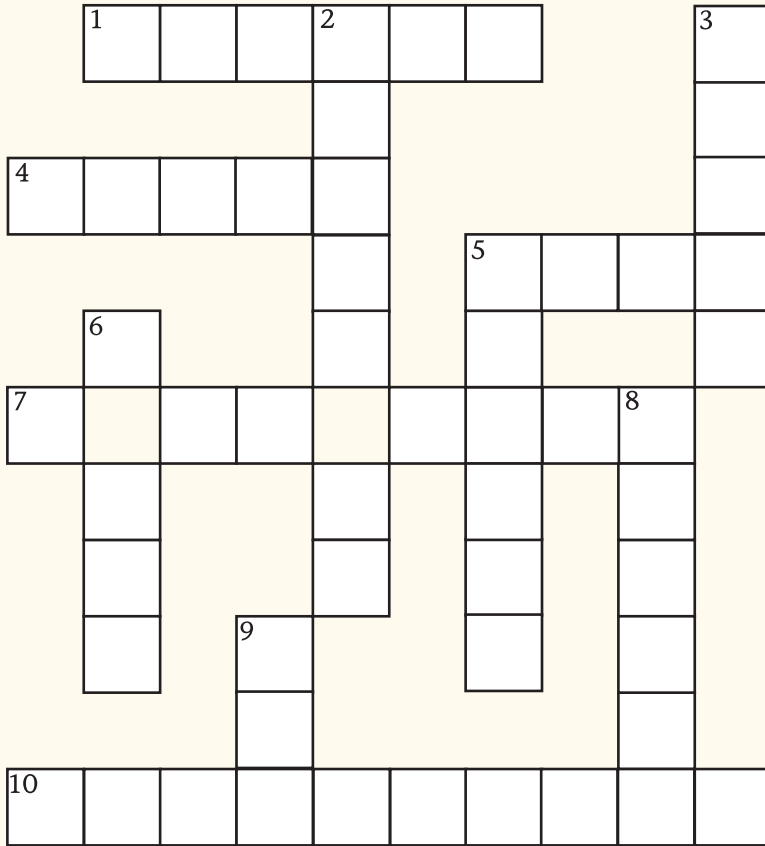


CROSSWORD PUZZLE:

Use the clues to fill in the crossword.



Across

1. freedom from harm
4. a healthy fruit, often with a red skin
5. a long walk, sometimes through woods
7. round, flat food made from corn or wheat flour
10. a short piece of wood mounted on 4 small wheels

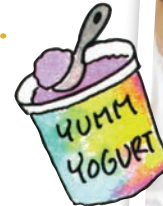
Down

2. something you do to keep fit, like run or swim
3. a hard bread shaped like a doughnut
5. something you wear on your head to stay safe
6. a place to sit when you watch television
8. a sport in which you kick a ball
9. something you do to stay healthy



Snack

SWITCHEROO



Need a little snack after school? Instead of gobbling up Twinkies (lots of sugar and fat, and not many vitamins), think about choosing a power snack instead. How about a banana? Hey, it's sort of like a Twinkie – long, yellow, mushy inside – only better for your body (low in fat and plenty of vitamins and flavor, mmmmm). **Here are more ideas for making the switch to power snacks.**

Instead of...

- jelly beans
- donut
- potato chips
- candy bar
- ice cream
- cheese puffs
- corn chips
- pudding
- gummy bears
- brownies
- cookies
- cupcake

Try...

- grapes
- bagel
- rice cake
- apple slices with peanut butter
- frozen yogurt
- low-fat popcorn
- whole wheat pretzels
- fruit yogurt
- raisins or dried apricots
- peanut-butter & banana sandwiches
- graham crackers
- low-fat muffin

ANSWER KEY:

