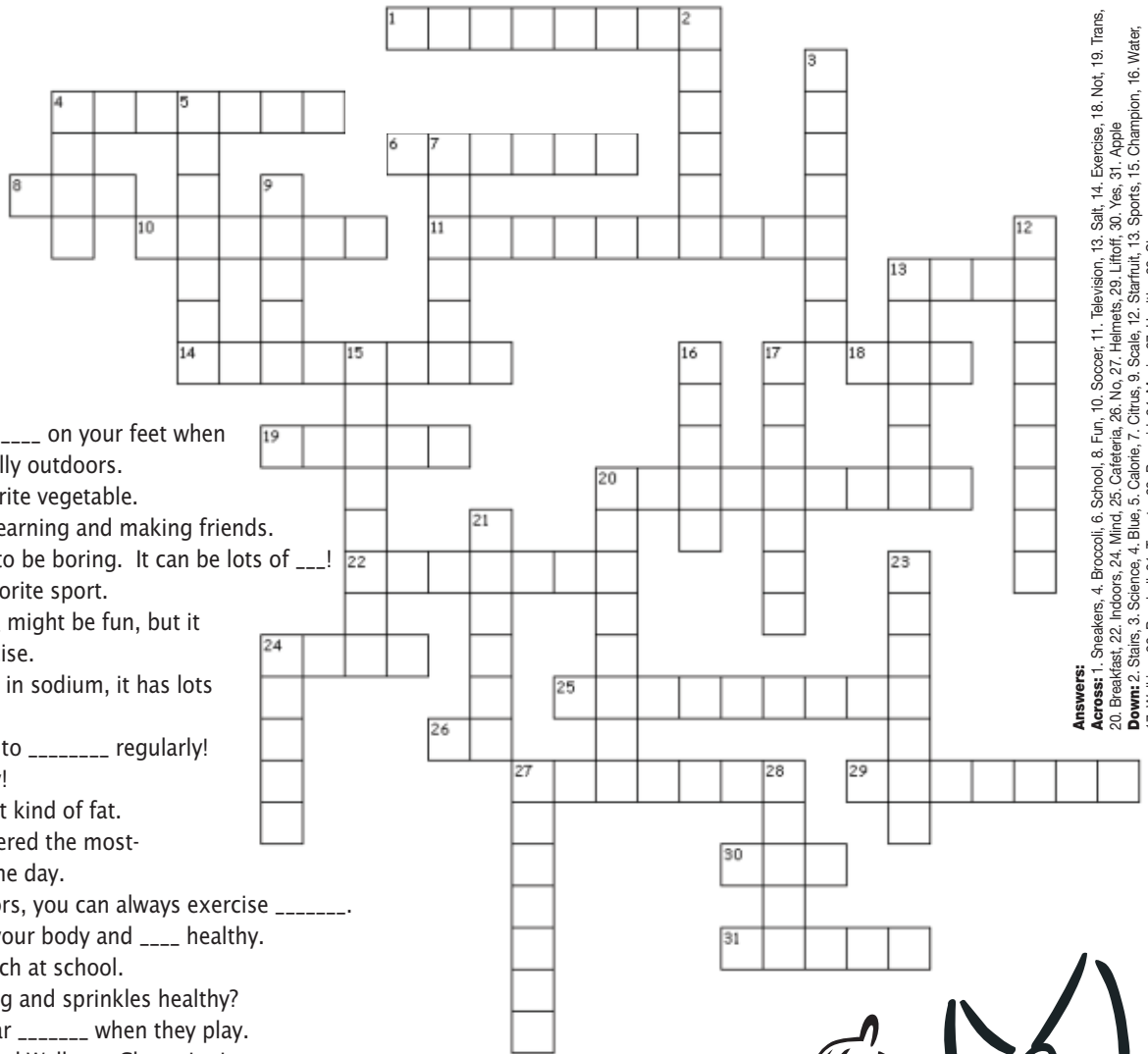


# Lift-Off!'s Ultimate Crossword Puzzle

Playing with words can be a lot of fun, and Lift-Off! has an awesome crossword puzzle for you! Check out the clues at the bottom of the page and see how many words you can fill in! When you fill out your crossword puzzle completely, take it to school to show your teacher how well you did!



## Across

1. You should wear \_\_\_\_\_ on your feet when you exercise, especially outdoors.
4. This is Lift-Off!'s favorite vegetable.
6. \_\_\_\_\_ is a place for learning and making friends.
8. Fitness doesn't have to be boring. It can be lots of \_\_\_\_!
10. This is Lift-Off!'s favorite sport.
11. Watching \_\_\_\_\_ might be fun, but it isn't a form of exercise.
13. If something is high in sodium, it has lots of what?
14. To stay fit you have to \_\_\_\_\_ regularly!
18. Candy is \_\_\_ healthy!
19. \_\_\_\_\_ fat is the worst kind of fat.
20. This is often considered the most-  
important meal of the day.
22. If it's stormy outdoors, you can always exercise \_\_\_\_\_.
24. Fitness helps keep your body and \_\_\_\_\_ healthy.
25. You eat here for lunch at school.
26. Are donuts with icing and sprinkles healthy?
27. Football players wear \_\_\_\_\_ when they play.
29. He's our Nutrition and Wellness Champion!
30. Is fruit salad healthy?
31. What would Lift-Off! rather eat? A cupcake or an apple?

## Down

2. For extra exercise, take the \_\_\_\_\_ instead of the elevator.
3. This is Lift-Off!'s favorite school subject.
4. What is Lift-Off!'s favorite color?
5. This word means "food energy."
7. \_\_\_\_\_ fruits are often high in Vitamin C.
9. You weigh yourself on one of these.
12. This is Lift-Off!'s favorite fruit.
13. Which is healthier? Playing sports or playing video games?
15. Lift-Off! is our Nutrition and Wellness \_\_\_\_\_.

16. When you get thirsty, you should drink \_\_\_\_\_, not soda.
17. What is a good alternative to riding in a car and a great way to exercise?
20. What sport is played with a ball and a bat?
21. The \_\_\_\_\_ is actually a fruit, not a vegetable. You make ketchup out of it.
23. You can use the USDA's Food \_\_\_\_\_ to figure out how to healthy each and every day!
24. When you exercise, it can be fun to listen to \_\_\_\_\_.
27. Lift-Off! helps you make \_\_\_\_\_ food choices!
28. To stay healthy, your body needs \_\_\_\_\_ every night.

**Answers:**  
**Across:** 1. Sneakers, 4. Broccoli, 6. School, 8. Fun, 10. Soccer, 11. Television, 13. Salt, 14. Exercise, 18. Not, 19. Trans, 20. Breakfast, 22. Indoors, 24. Mind, 25. Cateeria, 26. No, 27. Helmets, 29. Liftoff, 30. Yes, 31. Apple  
**Down:** 2. Stairs, 3. Science, 4. Blue, 5. Calorie, 7. Citrus, 9. Scale, 12. Starfruit, 13. Sports, 15. Champion, 16. Water, 17. Walking, 20. Baseball, 21. Tomato, 23. Pyramid, 24. Music, 27. Healthy, 28. Sleep

