

Healthy Word Scramble



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| 1. ehthaly _____ | 11. thaereb _____ |
| 2. trusif _____ | 12. chertts _____ |
| 3. xeireces _____ | 13. ngiunrn _____ |
| 4. kwalgni _____ | 14. gaoy _____ |
| 5. ymg _____ | 15. rloeisac _____ |
| 6. getlebsaev _____ | 16. twrae _____ |
| 7. cliaucm _____ | 17. tsnroiop _____ |
| 8. npietro _____ | 18. ginsar _____ |
| 9. idrya _____ | 19. odog sarchb _____ |
| 10. learx _____ | 20. cnelaab _____ |
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Answers: 1) healthy 2) fruits 3) exercise 4) walking 5) gym 6) vegetables 7) calcium 8) protein 9) dairy 10) relax 11) breathe 12) stretch 13) running 14) yoga 15) calories 16) water 17) portions 18) grains 19) good carbs 20) balance