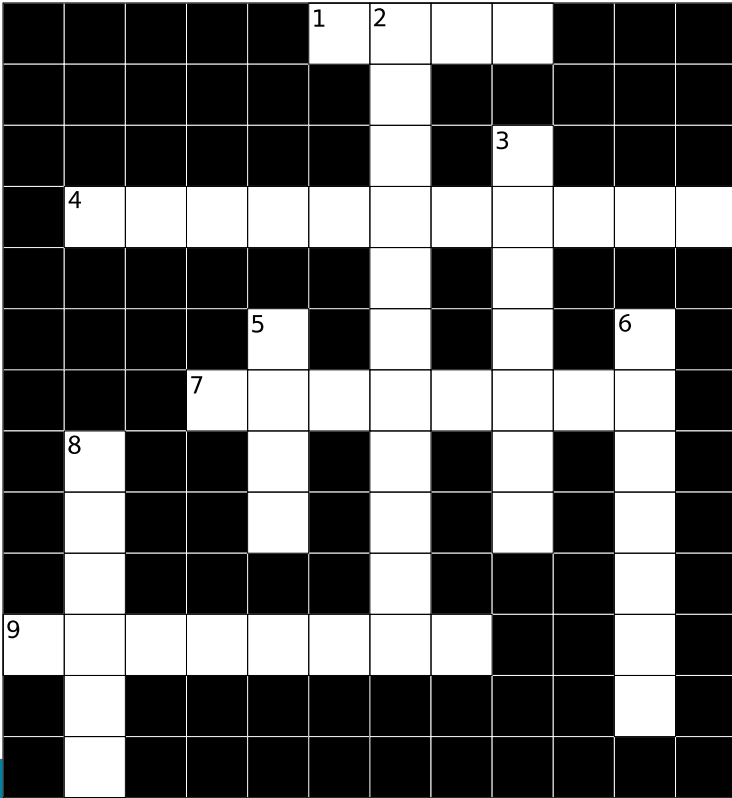


Crossword Crazyiness

Think you know what it takes to keep your body happy? Fuel up on some dairy foods and finish the crossword puzzle to prove it.



Clues Across

- Number of nutrients low-fat and fat-free milk provide.
- This popular category in the grains food group helps supply the energy we need to play, learn, sleep and helps keep our bodies running 24-7.
- This, found in the vegetable group, helps us see in the dark and helps keep our skin healthy.
- The fruit group provides this, which helps your body heal cuts and bruises and fight infections.

Clues Down

- Eating right and staying active will help ignite this.
- Found in milk, this can help keep bones strong and bodies happy.
- Ride this to school. It's a great way to get your daily 60 minutes of physical activity.
- Maintain this to keep your body healthy when it comes to energy in (the foods and beverages you consume) with energy out (how much you move).
- Fresh, frozen, canned or dried - any way you slice 'em, these are a great nutritious choice.



Fuel Up Tip of the Day

Get at least 60 minutes of physical activity a day. It will help you build a healthy body and keep your 'tude in a better mood.