

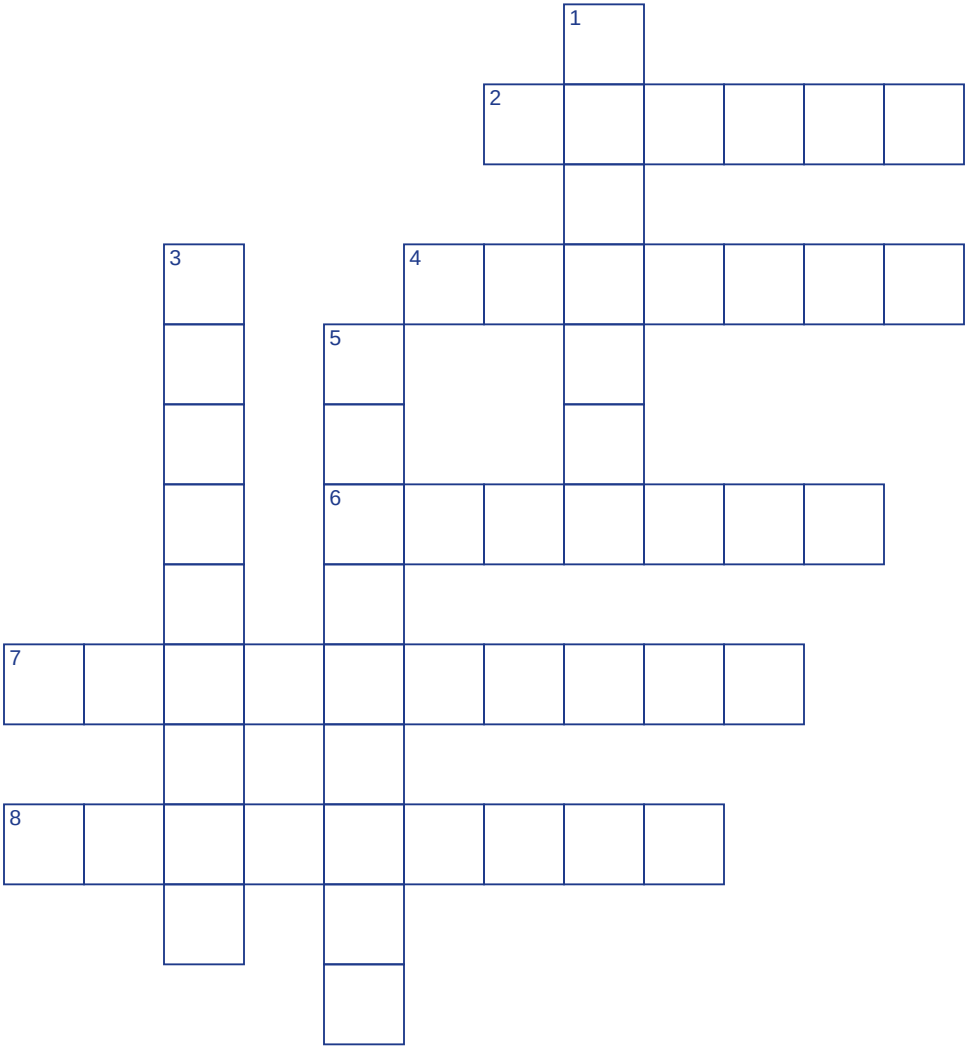
Healthy Eating and Active Living Crossword

Food helps our bodies feel good. Movement helps too. In Grade 2, you learn about hunger cues (signs that your body needs food). You learn about cues associated with hunger, including stomach growling, low energy, and irritability. You learn about cues associated with thirst, including dry mouth, low energy, and headache([Knowledge](#), [Knowledge](#), [Knowledge](#)). You also learn to recognize cues associated with hunger and thirst. Many things shape our activity choices ([Knowledge](#), [Understanding](#)). This crossword reviews words about nutrition (healthy food), allergy safety (staying safe from foods that make you sick), tradition (things families do the same way), and staying active.

How to play

Read each clue carefully. Think of a word that fits the clue. Count the boxes in the grid for that word. Write one letter in each box. Some words go across. Some words go down. Shared letters connect crossing words. Use them as hints. Check your spelling before you move on.

Puzzle grid



Clues

Across

2. A signal your body sends when it needs food (6)
3. The ability to do physical activities with strength and energy (7)
4. When your body reacts badly to a certain food (7)
5. Belief in yourself that you can do something well (10)
6. The food and energy your body needs to grow and stay healthy (9)

Down

1. The customs and traditions of a group of people (7)
2. A group of people who live or spend time together (9)
3. A custom or way of doing something passed down through families (9)

Answer key

- **1 down:** CULTURE
- **2 across:** HUNGER
- **3 down:** COMMUNITY
- **4 across:** FITNESS
- **5 down:** TRADITION
- **6 across:** ALLERGY
- **7 across:** CONFIDENCE
- **8 across:** NUTRITION

