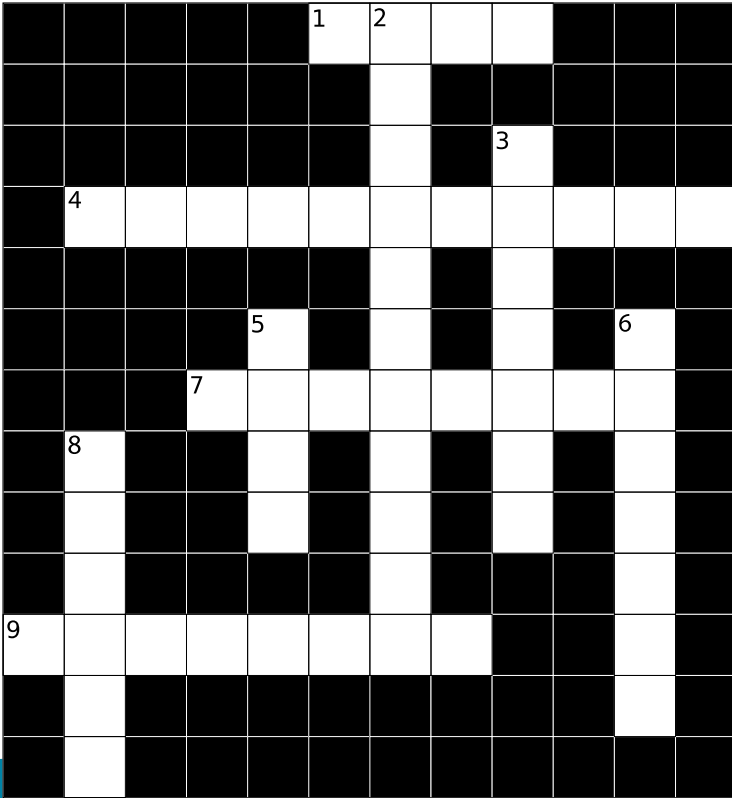


# Crossword Craziiness

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

1. Number of nutrients low-fat and fat-free milk provide.
4. 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.
7. This, found in the vegetable group, helps us see in the dark and helps keep our skin healthy.
9. The fruit group provides this, which helps your body heal cuts and bruises and fight infections.

## Clues Down

2. Eating right and staying active will help ignite this.
3. Found in milk, this can help keep bones strong and bodies happy.
5. Ride this to school. It's a great way to get your daily 60 minutes of physical activity.
6. 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).
8. Fresh, frozen, canned or dried - any way you slice 'em, these are a great nutritious choice.



**FUEL UP**  
NATIONAL DAIRY COUNCIL

## 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.