

## Answers to A Healthy You Crossword Puzzle

### Across

- 3- Fats
- 4- Milk
- 7- Calories
- 10- Vegetables
- 11- Fruits
- 12- Fish
- 13- Water

### Down

- 1- Chicken
- 2- Vitamins
- 5- Calcium
- 6- Whole Grain
- 8- Exercise
- 9- Nutrition
- 11- Fiber

Puzzle Located at <http://www.variety-games.com/CW/Puzzles/97157691-puzzle.htm>



UT Extension Washington County  
Katherine W. Long, County Director  
206 W. Main St.  
Jonesborough TN 37659-1230  
Phone 423-753-1680  
Fax: 423-753-1832  
email: klong@utk.edu