



Stay Healthy Word Scramble



Directions: Unscramble the health themed words. The first one is already done for you!

1. hdyraet _____ hydrate_____

2. ebraksaft _____

3. sertcth _____

4. ufirts _____

5. ulnhc _____

6. evgiges _____

7. nidenr _____

8. rgians _____

9. vaimtism _____

10. rpoetin _____

11. bfier _____

12. adriy _____

13. nsakc _____

14. ierxcees _____

15. ndcae _____

16. nsgi _____

17. erts _____

18. dera _____

19. certae _____

20. ckoo _____

- ANSWERS:
- 1. hydrate
 - 2. breakfast
 - 3. stretch
 - 4. fruits
 - 5. lunch
 - 6. veggies
 - 7. dinner
 - 8. grains
 - 9. vitamins
 - 10. protein
 - 11. fiber
 - 12. dairy
 - 13. snack
 - 14. exercise
 - 15. dance
 - 16. sing
 - 17. rest
 - 18. read
 - 19. create
 - 20. cook

