

New Health City Word Jumble



Can you unscramble these jumbled letters to find things that are good for your brain?

Word Bank:

sleep	potassium	helmet	seat-belt	vegetables	milk
	calcium	exercise	reading	fruit	

1. culaicm _____ This mineral, found in milk, is good for bones.
2. eexcirse _____ Playing basketball and running are two examples.
3. fiurt _____ Foods like apples, pears, and bananas.
4. hmelet _____ Always wear a _____ when riding a bike.
5. mlik _____ Drinking _____ every day keeps your bones strong.
6. potssuiam _____ This, found in broccoli, is good for the brain.
7. rnieadg _____ Use your brain! Try _____ a book.
8. saet-blet _____ This protects you when you are riding in a car.
9. selep _____ Get at least 10 hours of _____ a night!
10. vategbeles _____ Foods like carrots, peas, and broccoli.