Unscramble these words to discover some healthy foods and activities!

EBALVETGE
CEMUCBRU
NPTIOER
PINSAHC
MGNRTPEAEOA
RNUIGNN
PNGIMUJ JKASC
AGRONE
HSPUSPU
ELAK
WORD SCRAMBLE

Answer Key:

EBALVETGE  VEGETABLE
CEMUCBRU  CUCUMBER
NPTIOER  PROTEIN
PINSAHC  SPINACH
MGNRTPEAOA  POMEGRANATE
RNUIGNN  RUNNING
PNGIMUJ JKASC  JUMPING JACKS
AGRONET  ORANGE
HSPUSPU  PUSHUPS
ELAK  KALE

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Life’s Essential 8

for kids