Each day fill in what physical activity you did and how many minutes you did it.

**Name______________________________**

**December**

**total minutes of physical activity**

**Protein-Rich Foods**

**ACROSS**
3. Lima ________
4. Steak is an example of a ________
6. Squirrels also enjoy this tasty food!

**DOWN**
1. Can come in Swiss or cheddar.
2. Tuna, trout, and salmon are all types of ________.
4. A dairy drink.
5. A source of protein for vegetarians.

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