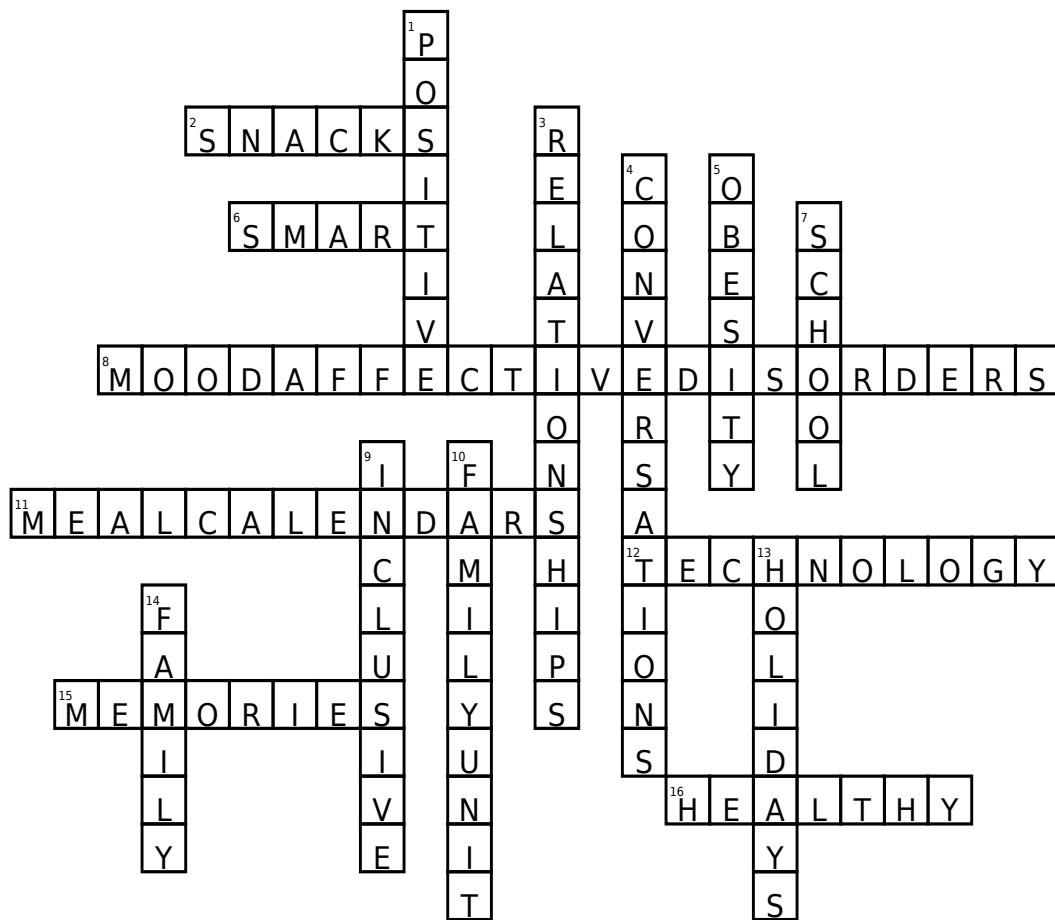


FAMILY FUN

Crossword Puzzle



Across

- Family meals do not have to be dinner or lunch. They can be as simple as extended _____
- To make planning family meals easier start by making a _____ goal
- Depression and anxiety are examples of what type of mental health disorders?

- Using this tool can help to make meal planning easier
- Cellphones and tablets are examples of what?
- Many great _____ can be formed around the dinner table
- Children who grow up in homes with frequent family meals tend to make _____ food choices as adults

Down

- To make family meals a _____ experience try to keep conversation topics to nonconfrontational topics
- Family meals are one of the best tools to help strengthen _____ between family members
- In today's world, where we interact with one another via technology, family meals provide a platform for in-person _____
- Children who grow up in homes with frequent family meals have lower rates of _____
- Children and adolescents who grow up with frequent family meals tend to do better in _____
- Mealtimes together are the best way to get everyone in the household involved and are therefore considered to be _____
- The phrase that describes everyone living in the same household
- Most families come together for meals on _____ such as Thanksgiving
- _____ meals do not need to be complicated



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