

SOLID FOOD FOR BABY

MAGIC SQUARE

NAME _____ DATE _____

Complete the Magic Square below by matching the following clues with the Word Bank. Add the numbers in each row, in both directions for the Magic Number.

- A. Baby cereal is _____ with nutrients.
- B. Add one new food each week in case of _____.
- C. Families should eat _____ as often as possible.
- D. Baby might have _____ problems if given foods too early.
- E. Orange juice is not recommended for babies under one because it can cause _____.
- F. Don't give babies sugar cereals because it provides _____ calories.
- G. At 8 months babies can _____ objects and put them in their mouth.
- H. Do not force your child to eat; they will eat when they are _____.
- I. Children can _____ on foods that are round or hard.
- J. Serve a _____ of nutritious foods.
- K. Toddler eating habits are _____ so be flexible.
- L. Toddlers need _____ for muscle growth and bone development.
- M. Do not offer _____ for finishing a meal.
- N. Provide small _____ so children can ask for second helpings if wanted.
- O. Parents should be the _____ and eat healthy too.
- P. Turn off the TV to limit _____ during mealtime.

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P

WORD BANK
1. distractions
2. diaper rash
3. choke
4. digestive
5. allergic reactions
6. unpredictable
7. grasp
8. portions
9. together
10. variety
11. empty
12. role models
13. sweets
14. hungry
15. protein
16. fortified

Add the numbers in each row in both directions.

MAGIC NUMBER = _____

SOLID FOOD FOR BABY

MAGIC SQUARE

NAME _____ DATE _____

Complete the Magic Square below by matching the following clues with the Word Bank. Add the numbers in each row, in both directions for the Magic Number.

- A. Baby cereal is **FORTIFIED** with nutrients.
- B. Add one new food each week in case of **ALLERGIC REACTION**.
- C. Families should eat **TOGETHER** as often as possible.
- D. Baby might have **DIGESTIVE** problems if given foods too early.
- E. Orange juice is not recommended for babies under one because it can cause **DIAPER RASH**.
- F. Don't give babies sugar cereals because it provides **EMPTY** calories.
- G. At 8 months babies can **GRASP** objects and put them in their mouth.
- H. Do not force your child to eat; they will eat when they are **HUNGRY**.
- I. Children can **CHOKe** on foods that are round or hard.
- J. Serve a **VARIETY** of nutritious foods.
- K. Toddler eating habits are **UNPREDICTABLE** so be flexible.
- L. Toddlers need **PROTEIN** for muscle growth and bone development.
- M. Do not offer **SWEETS** for finishing a meal.
- N. Provide small **PORTIONS** so children can ask for second helpings if wanted.
- O. Parents should be the **ROLE MODELS** and eat healthy too.
- P. Turn off the TV to limit **DISTRACTIONS** during mealtime.

A 16	B 5	C 9	D 4
E 2	F 11	G 7	H 14
I 3	J 10	K 6	L 15
M 13	N 8	O 12	P 1

WORD BANK
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Add the numbers in each row in both directions.

MAGIC NUMBER = **34**