

# 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

Add the numbers in each row in both directions.

MAGIC NUMBER = \_\_\_\_\_

## 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

# 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

Add the numbers in each row in both directions.

MAGIC NUMBER = **34**

## 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