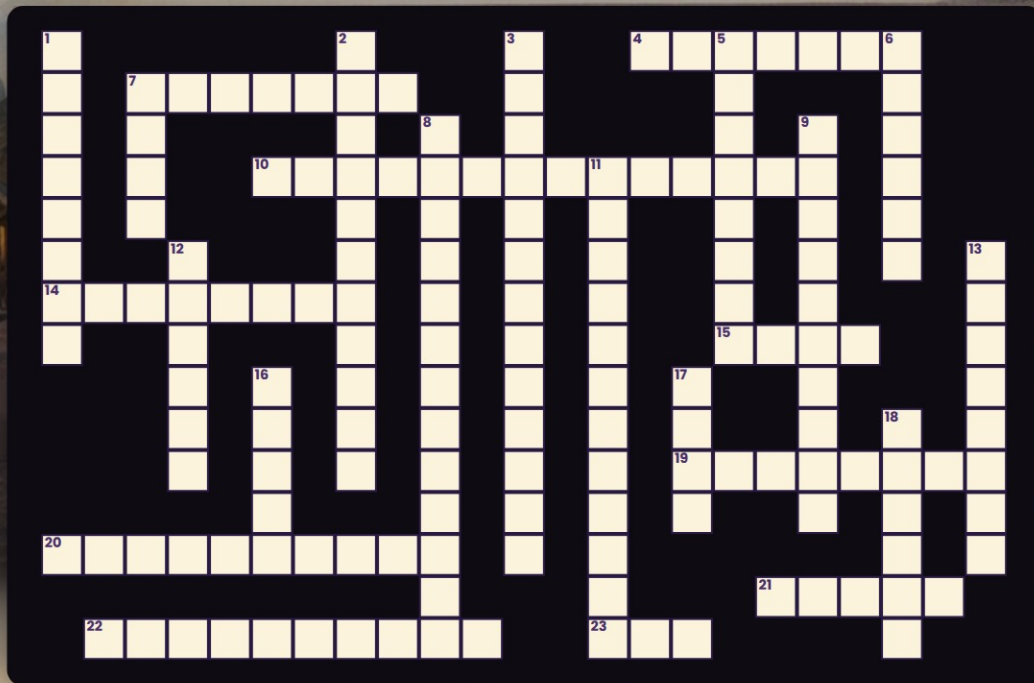


# TRICKY TOXINS & CLEAN SWAPS

## HALLOWEEN CROSSWORD

Fill in each numbered entry using the clues below.



### ACROSS

4. Label indicating product was not exposed to toxic pesticides.
7. Sour liquid used in some household cleaning recipes.
10. Term for industrially made foods with many processing steps.
14. Contact with a substance by eating, breathing or touching.
15. Amount of a substance someone is exposed to.
19. Hormone-disrupting weed killer sprayed on crops.
20. Chemical used to soften plastics.
21. Fabric made from flax fibers.
22. Cooking ingredient also used for some cleaning tasks.
23. Substance used to add color to food, fabric or products.

### DOWN

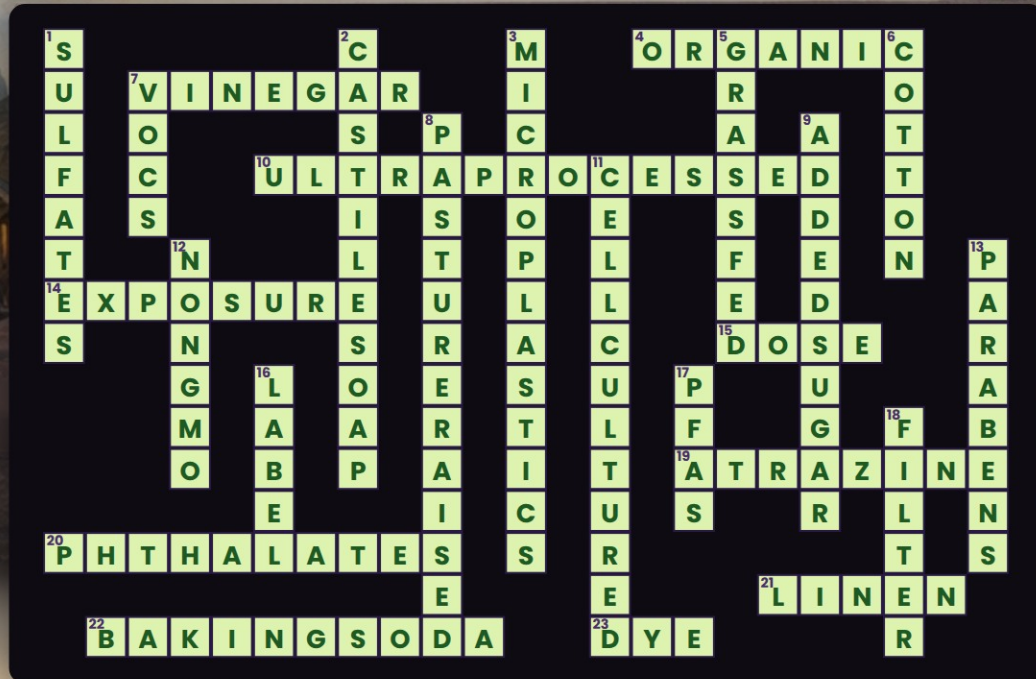
1. Harsh foaming agents found in some soaps and shampoos.
2. Soap traditionally made with plant oils.
3. Tiny plastic particles found in the environment.
5. Term for animals raised eating grass.
6. Soft plant fiber used to make clothing.
7. Stinky fumes released by some paints and cleaners.
8. Term for animals raised with pasture access.
9. Sugar put in while a food or drink is made.
11. Food grown from animal cells in controlled conditions.
12. Label meaning ingredients are not made using genetic engineering.
13. Family of preservatives used in some personal-care products.
16. Package information listing ingredients and product details.
17. "Forever chemicals" used in some stain- and water-resistant products.
18. Device that removes some impurities from water.



# TRICKY TOXINS & CLEAN SWAPS

## ANSWER KEY

Every answer is filled in below. Check your work!



### ACROSS

4. ORGANIC 7. VINEGAR 10. ULTRAPROCESSED  
14. EXPOSURE 15. DOSE 19. ATRAZINE  
20. PHTHALATES 21. LINEN 22. BAKINGSODA  
23. DYE

### DOWN

1. SULFATES 2. CASTILE SOAP 3. MICROPLASTICS  
5. GRASSFED 6. COTTON 7. VOCS  
8. PASTURERAISED 9. ADDED SUGAR  
11. CELL CULTURED 12. NON-GMO 13. PARABENS  
16. LABEL 17. PFAS 18. FILTER

### DISCUSSION TOPICS

- Organic, non-GMO, grass-fed and pasture-raised describe different standards.
- Ask: What is the source? What evidence supports the claim? What does the label say?

### PARENT / TEACHER TALK

- Labels are clues that something is safe or unsafe.
- Name something that is harmful and a safe alternative.
- Describe what harmful effects VOCs, parabens, phthalates, GMO, atrazine, sulfates, added sugar, ultraprocesed foods, artificial dyes, microplastics, cell-cultured foods and PFAS can have on the body.

