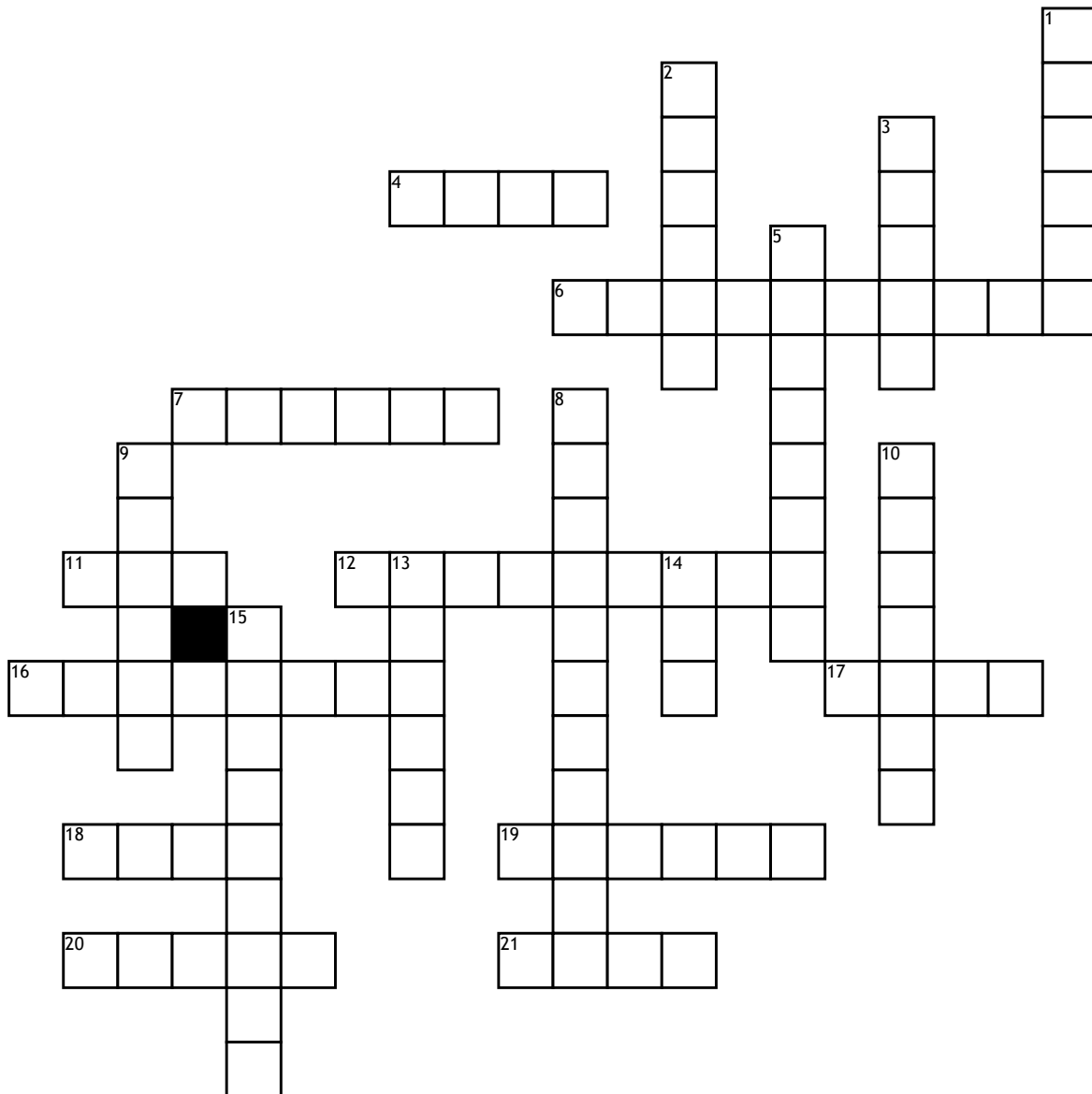


Name: _____

Date: _____

Healthy Eating Crossword Puzzle



Across

4. I'm a green citrus fruit that contains more Vitamin C than an orange
6. I'm green and red, full of seeds and 92% water
7. I'm yellow and monkeys love me!
11. I'm a hot drink that is made from dried leaves
12. I'm more nutritious than white bread
16. I'm a fungus but you can eat me!
17. I come from the sea and you shouldn't add too much of me to your food

18. You add me to your cereal and I help build strong bones
19. I'm tall, orange and help you see in the dark

20. You can slice me, toast me or fill me and I smell great when I'm fresh from the oven!
21. I'm made from soy beans and am a healthy alternative to meat

Down

1. I'm a dried grape and make a healthy, energy-packed snack
2. I'm actually a fruit but you eat me in salads and sandwiches, and spread me on pizza
3. I'm the only food that will never go bad

5. I look like a little tree!

8. I'm orange, I grow in the ground and I make great wedges!

9. I'm made from milk and you sprinkle me on pasta

10. I'm a leafy green vegetable that's high in iron

13. I'm a dip made from blended chickpeas and olive oil

14. I'm high in protein and can be scrambled, poached, boiled or fried

15. I'm the important meal that kickstarts your day