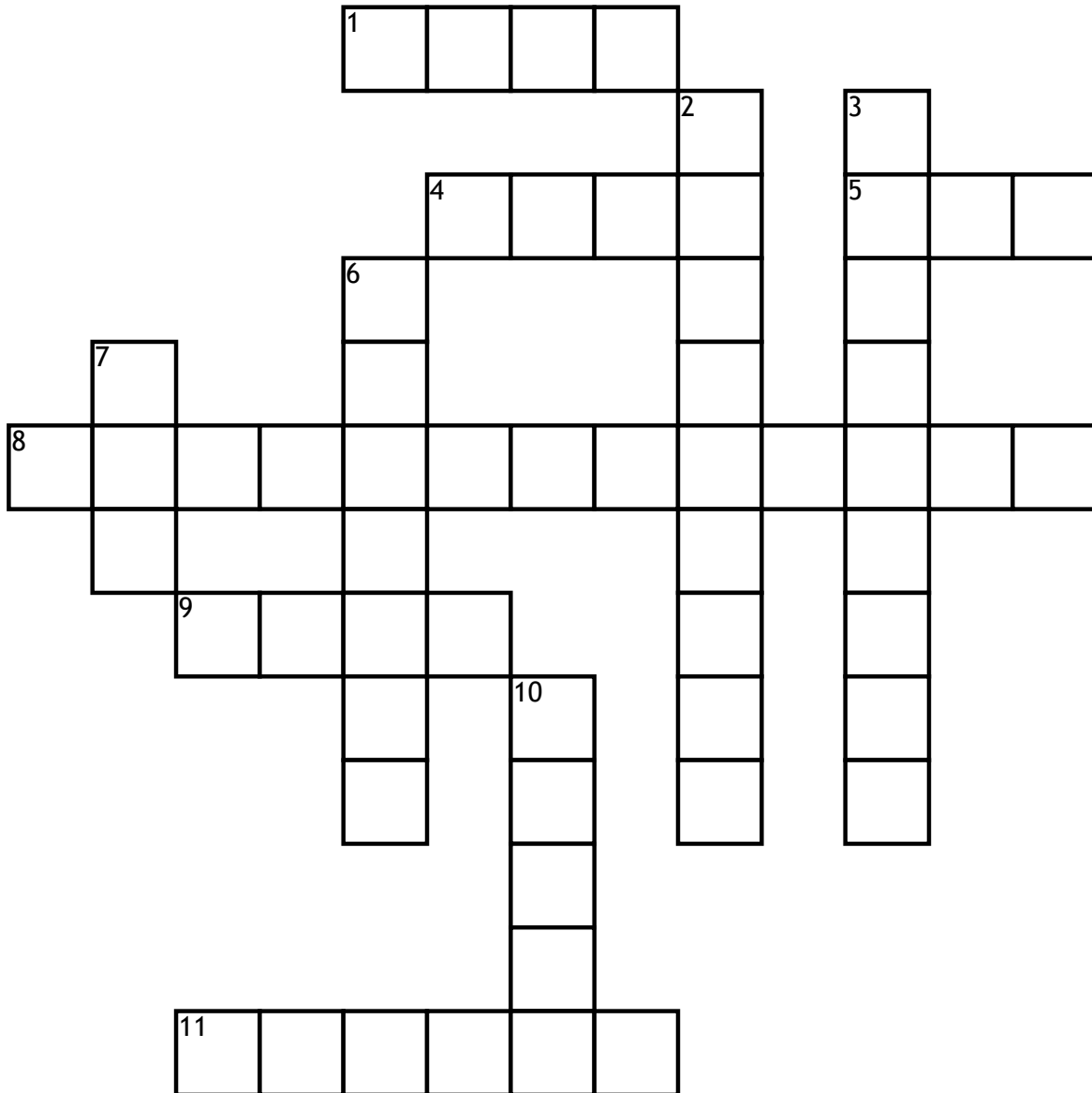


Healthy eating crossword



Across

1. The number of healthy portions of fruit and veg a day
4. also known as bean curd
5. what chickens lay
8. Gives you energy for example in bread
9. Full of protien

11. A fruit often thought to be a vegetable

Down

2. The Americans call it an egg plant
3. One of the main food groups
6. Is is a healthy fat
7. examples include saturated
10. Full of natural sugars