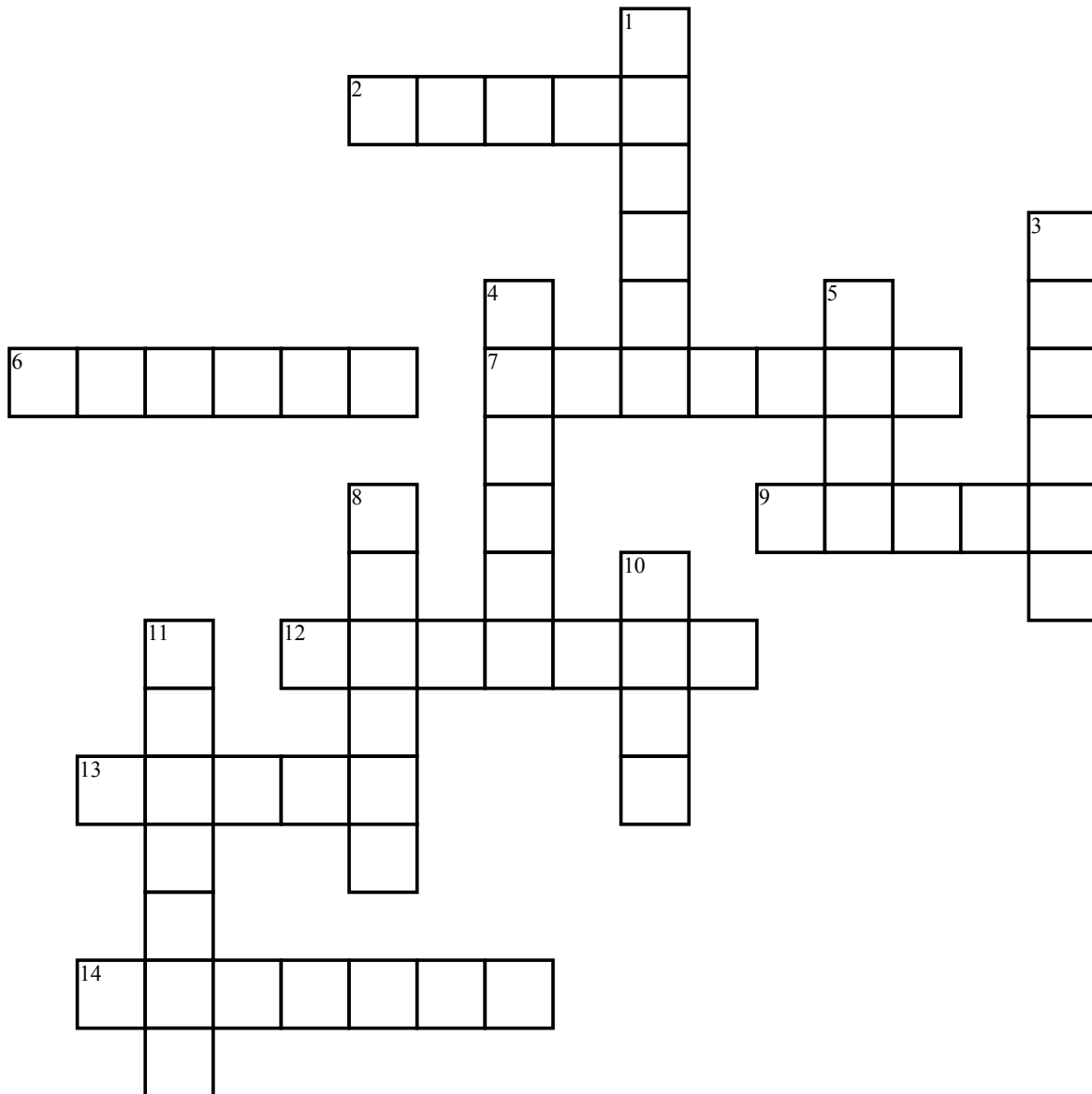


Nutrition and food crossword



Across

2. A spicy or mild sauce made with tomatoes that is used as a dip for vegetables or tortilla chips.

6. Zucchini and yellow _____ are vegetables, whereas acorn, butternut and spaghetti _____ are winter types of vegetables.

7. Hot breakfast cereal.

9. Plants that are used to give extra flavor to foods.

12. Beef, chicken, fish, beans, and lentils are all sources of _____ food.

13. Popular fruit for snacks and at lunch.

14. This snack comes in different shapes and can either be soft or hard.

Down

1. This orange root vegetable is a popular snack and side dish

3. Parmesan, mozzarella, cheddar, are all types of _____.

4. Made from milk, this creamy food may be enjoyed as snack or at breakfast and goes well with fruit.

5. Green, leafy vegetables used in a salad, soup, and other dishes.

8. A popular bird commonly served during Thanksgiving.

10. Fuzzy green fruit that is high in Vitamin C.

11. Tasty snack made by popping kernels of starchy vegetables.