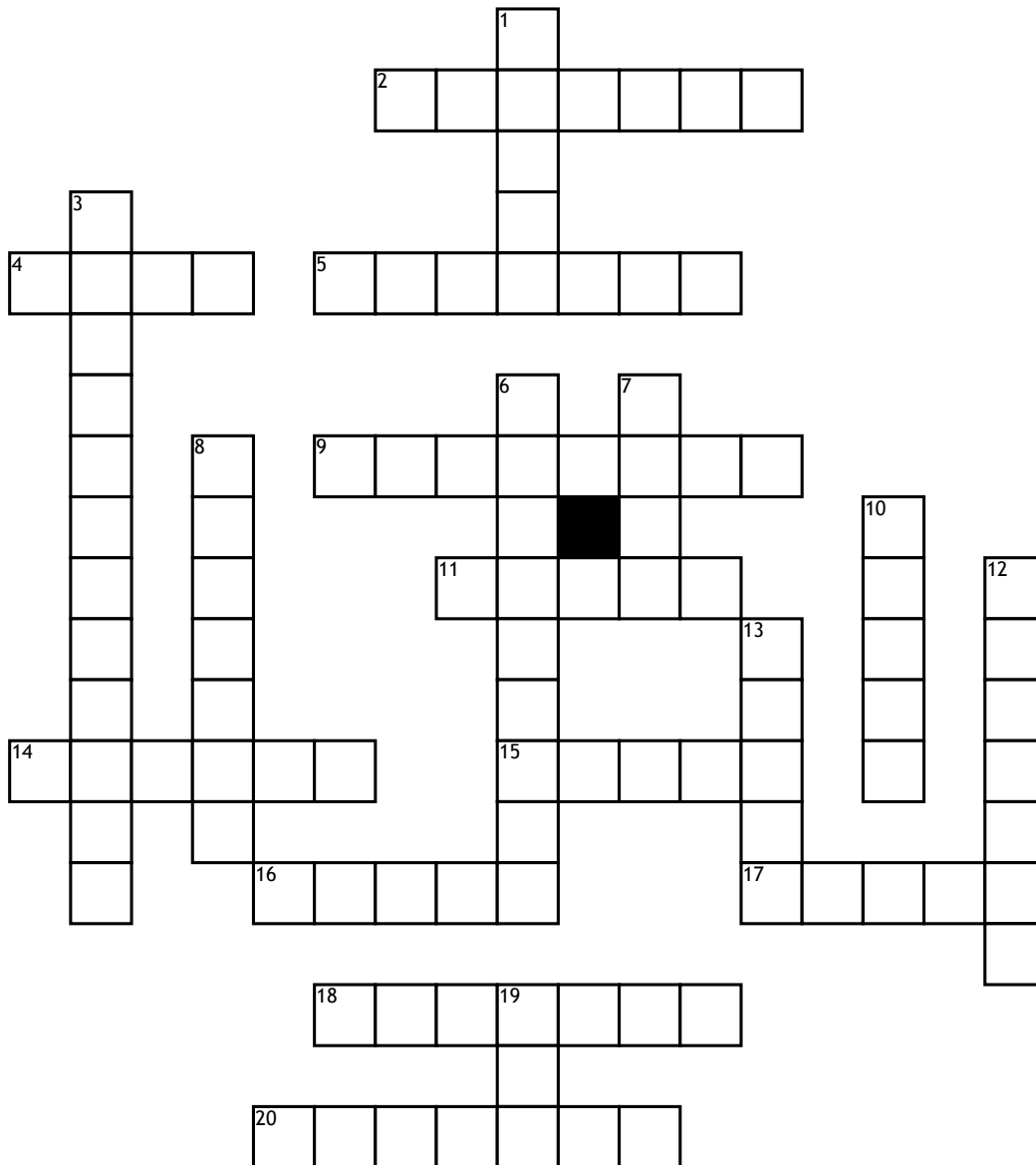


# SOME INTERESTING FACTS FOR TOPS/KOPS



## Across

2. vegetable with a lot of iron  
 4. One of the easiest things to do when trying to loose weight would be to eat...  
 5. In order to feel full and satisfied, breakfast should include  
 9. besides watching what I eat, I also need to increase my...  
 11. B,C,D,E are considered .....soluable vitamins  
 14. fruit that has its own protective covering  
 15. fruit that Adam and Eve should have passed up.

16. It is recommended that an adult get how many hours of sleep  
 17. How many servings of fruit/vegetables should you have each day?

18. if you bite it ,...  
 20. By being a member of TOPS I receive....from fellow members

## Down

1. How many glasses of water are recommended each day...  
 3. leading cause of death in the U.S.  
 6. Which meal is the most important of the day?

7. When eating out ask for dressings to be put on....  
 8. One of the easiest ways to stay aware of what foods you eat is by keeping a food....  
 10. a higher price on food indicates a better quality...true/false  
 12. the best type of exercise for all age groups is.....  
 13. wearing a pedometer will challenge you to walk more ...  
 19. How many glasses of milk should an adult drink each day?