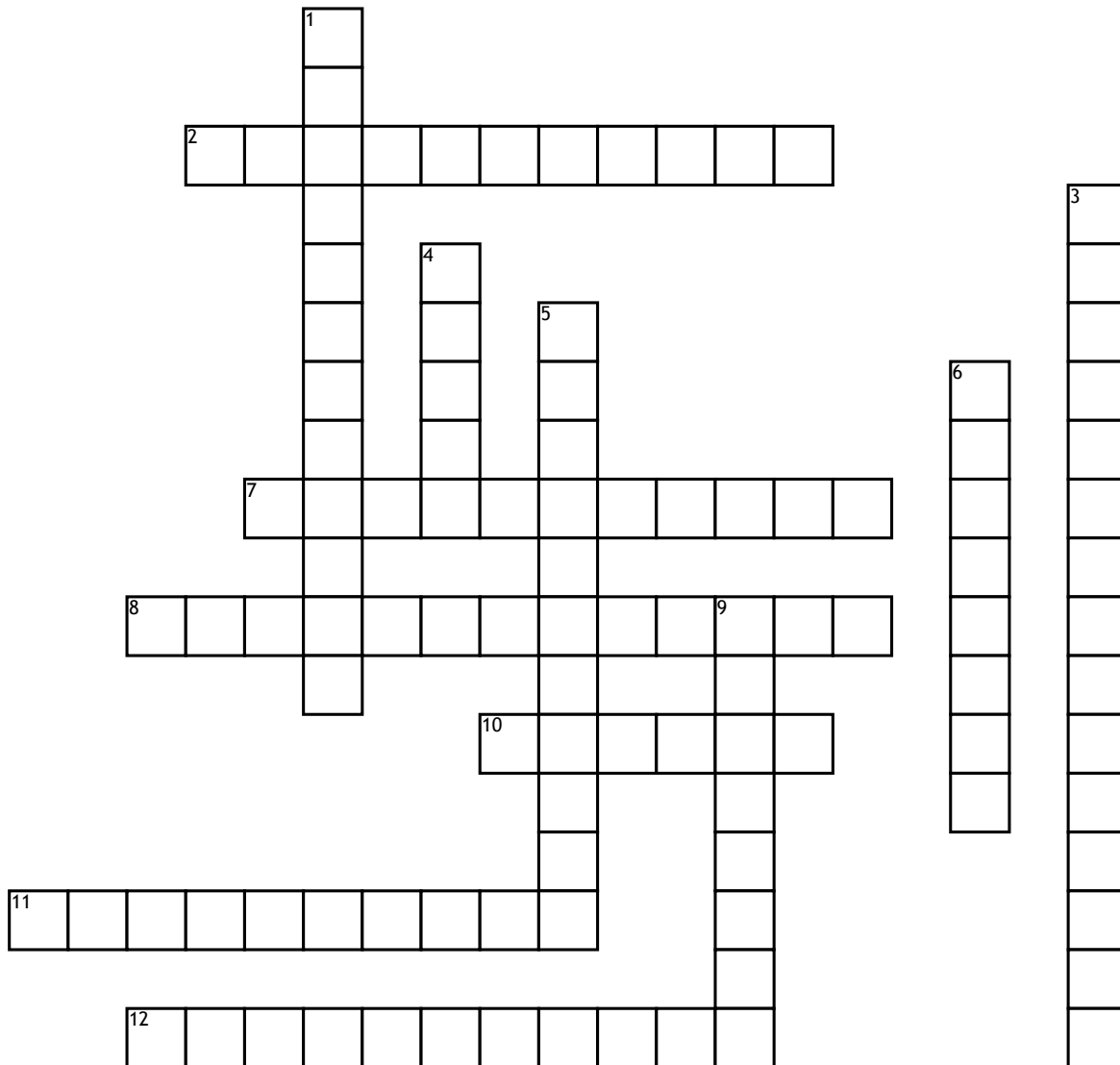


Terminology



Across

2. A flavonoid type that gives many of the berries their antioxydant effect

7. Characteristic color to plant sources

8. Compounds with antioxydant properties found abundantly in natural food sources

10. Used to snack on (table variety) or to make wine

11. A Polyphenol with important anti-viral, anti-allergic, anti-cancer, anti-inflmmatory effects

12. Micronutrients with antioxydant and anti-inflamatory. Abundant in fruits and vegetables

Down

1. Compounds that inhibit oxydation (chemical reactions that damage cells)

3. Abundantly foun din cinnamon, blueberries, kiwi, plums, cherries

4. Immunity vitamin, protects skin, fights heart disease

5. Perennial flowering plants with blue or purple colored berries

6. Essential for tissue repair and immunity (vitamin C)

9. Fruit from the Prunus family; comes in sweet or sour varieties