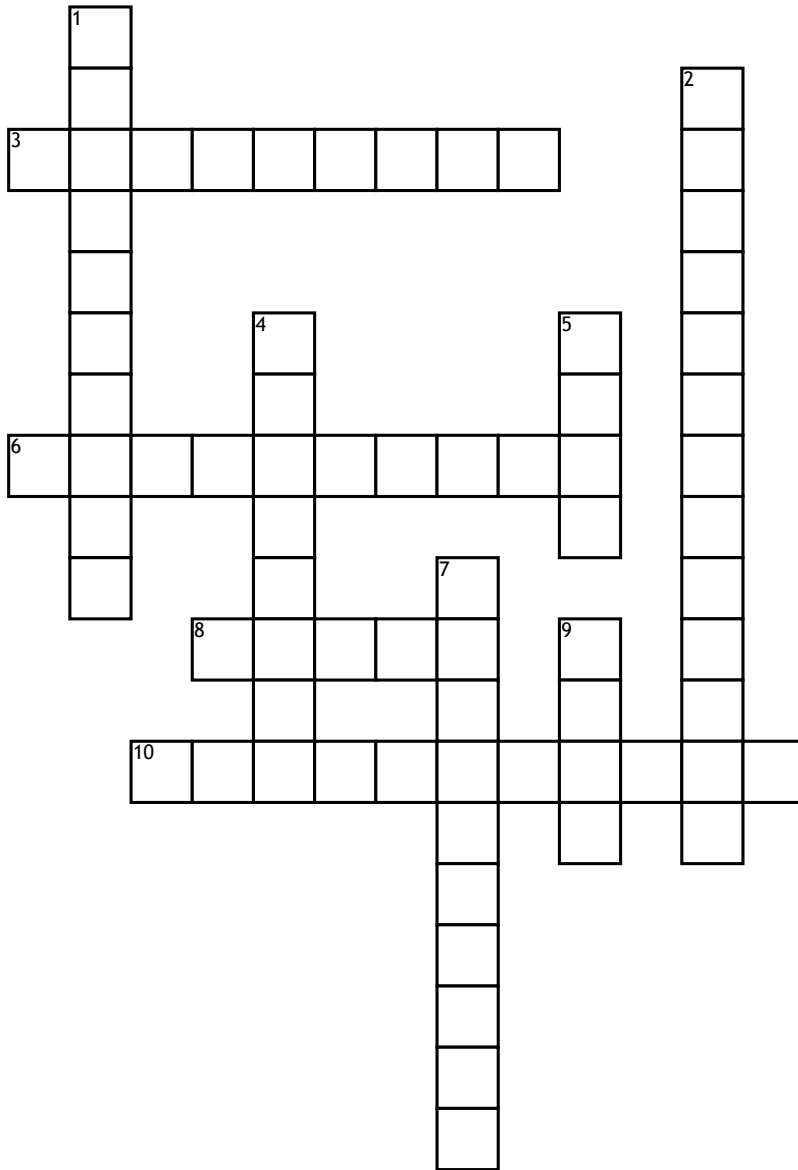


Thanksgiving Science



Across

- 3. Pumpkin pie is a great source of _____.
- 6. _____ is an amino acid that is in turkey and makes you sleepy after a meal.
- 8. Sweet potatoes also contain a lot of dietary _____.
- 10. These are a great source of antioxidants.

Down

- 1. Brussel sprouts contain _____ which helps your body's metabolism.

- 2. Biscuits and bread give us _____ that are a source of energy for the body.
- 4. Sweet potatoes contain a lot of _____ which is important for healthy eyes.
- 5. Turkey is an excellent source of protein, iron and _____.
- 7. _____ contain the mineral silicon that helps with bone health.
- 9. One cup of sweet _____ contains 16% of your dietary allowance of vitamin B-6.