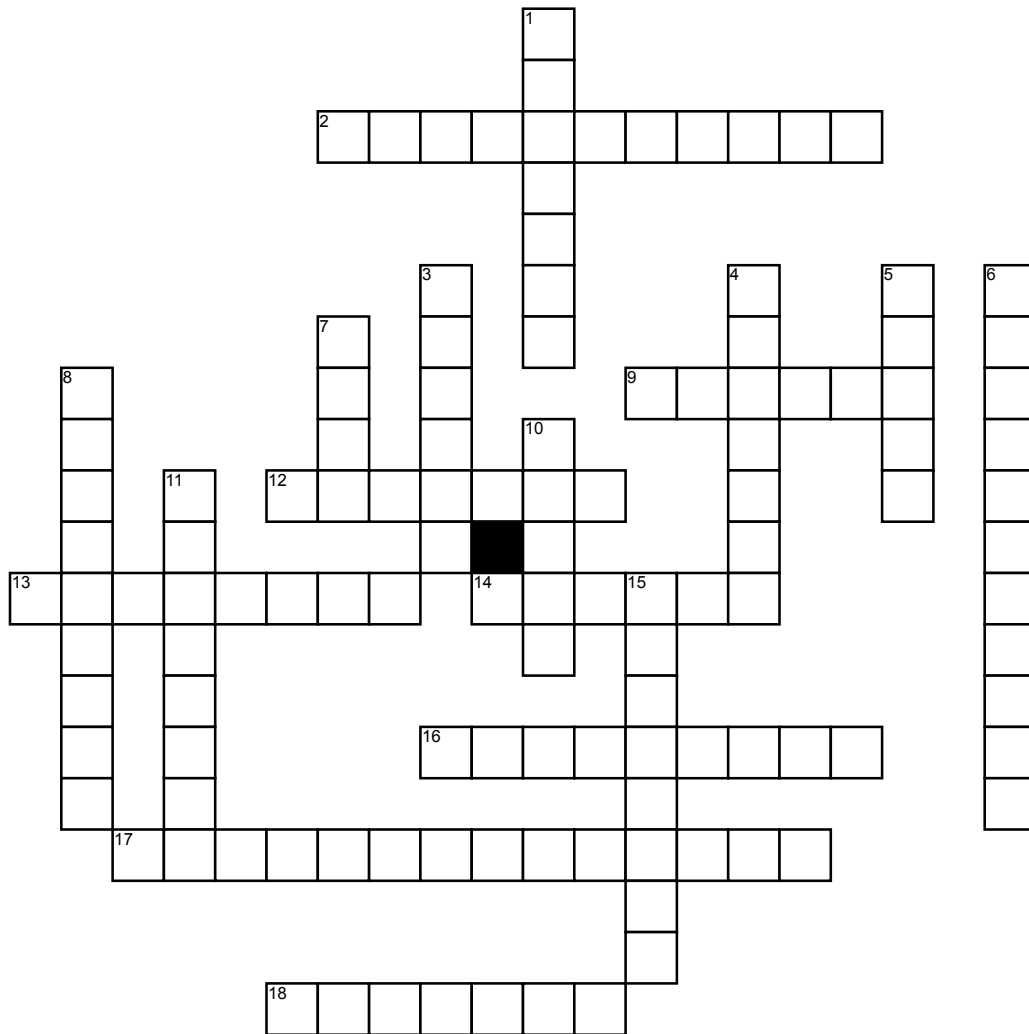


# Vegetables & Protein



## Across

- 2.** Comes in four colours  
**9.** Are not good for a dog to eat  
**12.** Are good source of fiber  
**13.** A member of the cabbage family  
**14.** There are six different types of  
**16.** Can be used as a face mask as they help retain moisture  
**17.** Peak season is late September to February

- 18.** Named by Christopher Columbus

## Down

- 1.** Cooking this vegetable increases its health benefits  
**3.** Can reach the height of 3.3 feet  
**4.** Good source of protein but is also very rich in vitamins and minerals  
**5.** They are not buffalo, it is a common misconception

- 6.** Filled to the brim with essential vitamins, minerals and other much-needed nutrients  
**7.** A Saltwater fish found in the ocean  
**8.** Contains no fat or cholesterol  
**10.** Can be used in sixteen different primary cuts  
**11.** A great source of B vitamins and carbohydrates  
**15.** Considered fungi

## Word Bank

- |            |          |                 |             |         |
|------------|----------|-----------------|-------------|---------|
| Asparagus  | Broccoli | Brussel sprouts | Tuna        | Celery  |
| Egg whites | Spinach  | Leafy Greens    | Cucumber    | Chicken |
| Peppers    | Salmon   | Onions          | Cauliflower | Carrots |
| Mushroom   | Steak    | Bison           |             |         |