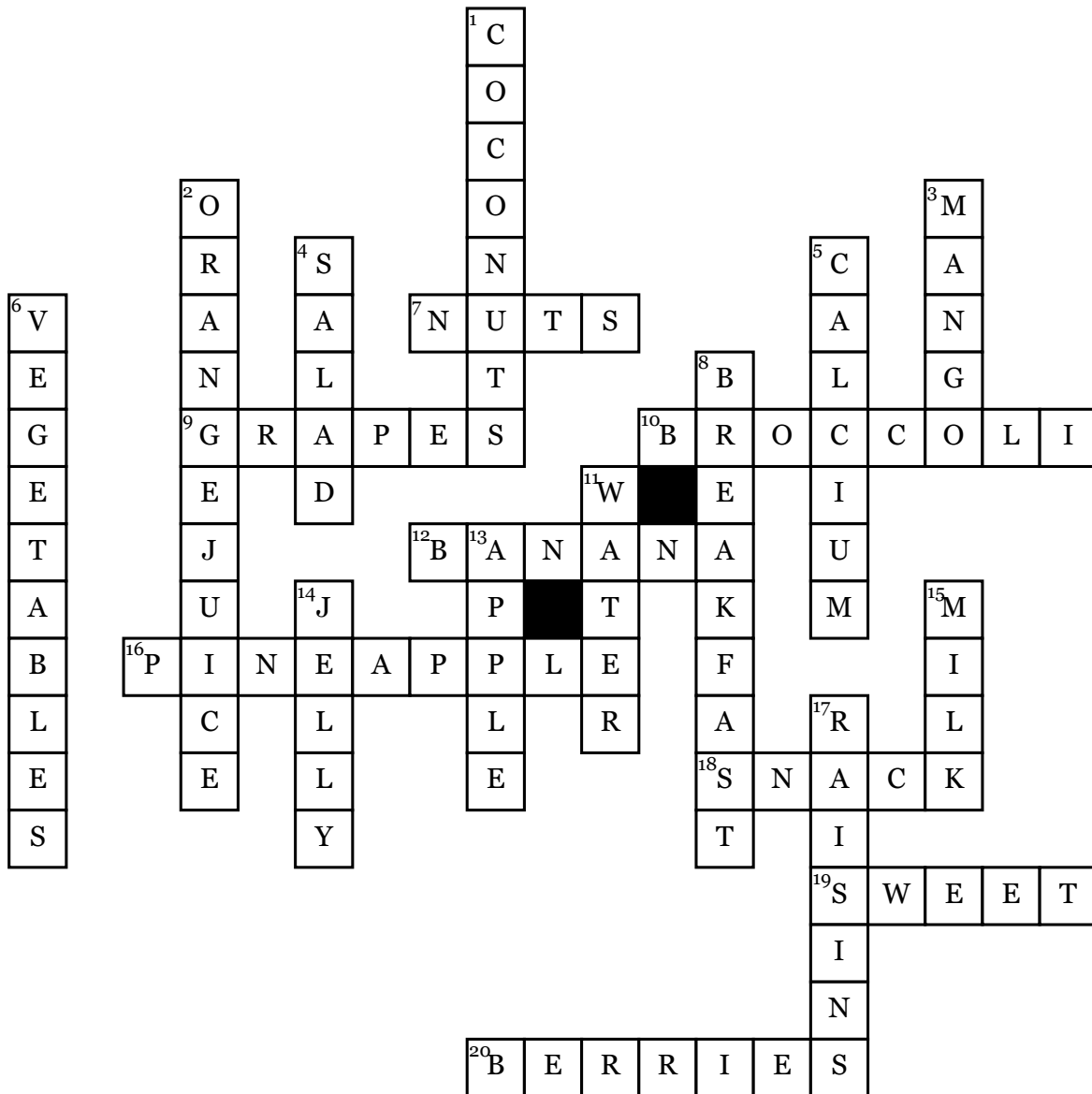


# Are you a nutrition pro?



## Across

7. Trail mix usually has a variety of mixed \_\_\_\_\_ which are a good source of fiber.
9. This small sweet seedless fruit can be green or red.
10. Vegetable that looks like a tree.
12. Monkeys love to eat these!
16. SpongeBob lives in a \_\_\_\_\_ under the sea.
18. The small meal before lunch and after breakfast.
19. The opposite of sour potato is \_\_\_\_\_.

20. Yogurt tastes best with fresh blue \_\_\_\_\_.

## Down

1. A palm tree grows this specific fruit.
2. This fruit juice contains lots of vitamin C.
3. This fruit rhymes with tango.
4. Lettuce, cucumber, and tomato make the best \_\_\_\_\_.
5. Milk contains this mineral in order to make your bones strong!
6. Green beans, broccoli, and peas are all examples of nutritious \_\_\_\_\_.

8. This meal helps you do great in school.

11. You should always drink \_\_\_\_\_ throughout the day to stay hydrated.

13. "An \_\_\_\_\_ a day keeps the doctor away!"

14. The most delicious sandwich is peanut butter and \_\_\_\_\_.

15. You pour this over your cereal to make it taste yummy!

17. Dried grapes are often called \_\_\_\_\_.