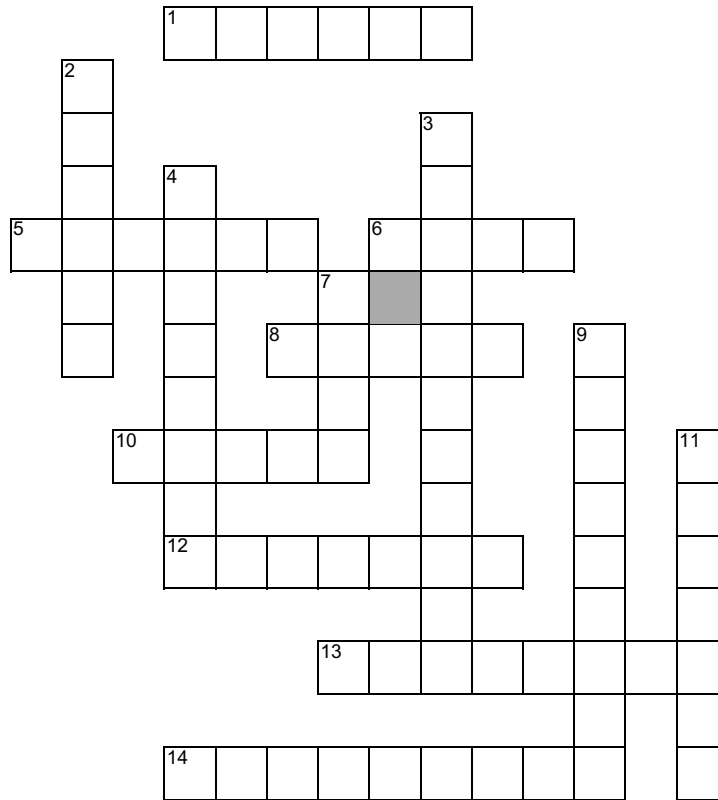


Name: _____

Fruits and Vegetables



Across

- _____ is a vitamin found in vegetables like broccoli, beans, and asparagus.
- Beta-Carotene, found in carrots, sweet potatoes, and spinach, helps support the immune system and _____.
- _____ of your plate should be fruits and vegetables?
- It's important to eat fruits and vegetables of every _____.
- Fruits like apples, pears, and raspberries are high in _____, which can help prevent coronary heart disease.
- Spinach, turnip greens, and soy beans are a good source of _____.
- Foods high in _____ can help fight infection and maintain healthy skin and eyes.
- Fruits and vegetables like bananas and potatoes are high in _____.

Down

- Most fruits and vegetables are low in _____.
- Bright pink fruit with white flesh and black seeds. (two words)
- Oranges are high in _____. (two words)
- You should be eating _____ servings of both fruits and vegetables per day.
- _____ is a mineral found in artichoke hearts, butternut squash, and spinach, is important for maintaining healthy bones.
- This leafy green vegetable is high in iron.