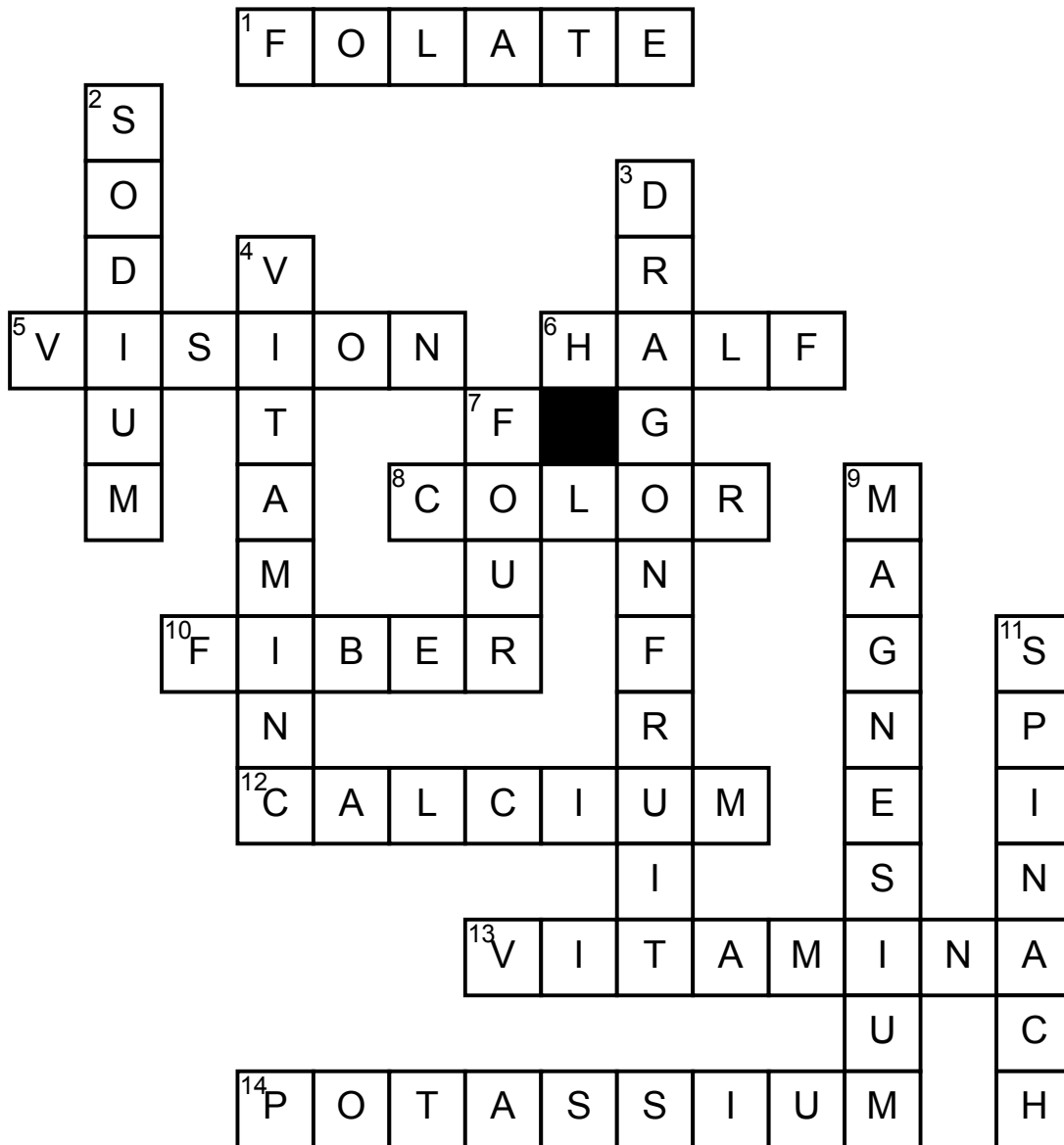


Name: \_\_\_\_\_

# Fruits and Vegetables



## Across

1. \_\_\_\_\_ is a vitamin found in vegetables like broccoli, beans, and asparagus.

5. Beta-Carotene, found in carrots, sweet potatoes, and spinach, helps support the immune system and \_\_\_\_\_.

6. \_\_\_\_\_ of your plate should be fruits and vegetables?

8. It's important to eat fruits and vegetables of every \_\_\_\_\_.

10. Fruits like apples, pears, and raspberries are high in \_\_\_\_\_, which can help prevent coronary heart disease.

12. Spinach, turnip greens, and soy beans are a good source of \_\_\_\_\_.

13. Foods high in \_\_\_\_\_ can help fight infection and maintain healthy skin and eyes.

14. Fruits and vegetables like bananas and potatoes are high in \_\_\_\_\_.

## Down

2. Most fruits and vegetables are low in \_\_\_\_\_.

3. Bright pink fruit with white flesh and black seeds. (two words)

4. Oranges are high in \_\_\_\_\_. (two words)

7. You should be eating \_\_\_\_\_ servings of both fruits and vegetables per day.

9. \_\_\_\_\_ is a mineral found in artichoke hearts, butternut squash, and spinach, is important for maintaining healthy bones.

11. This leafy green vegetable is high in iron.