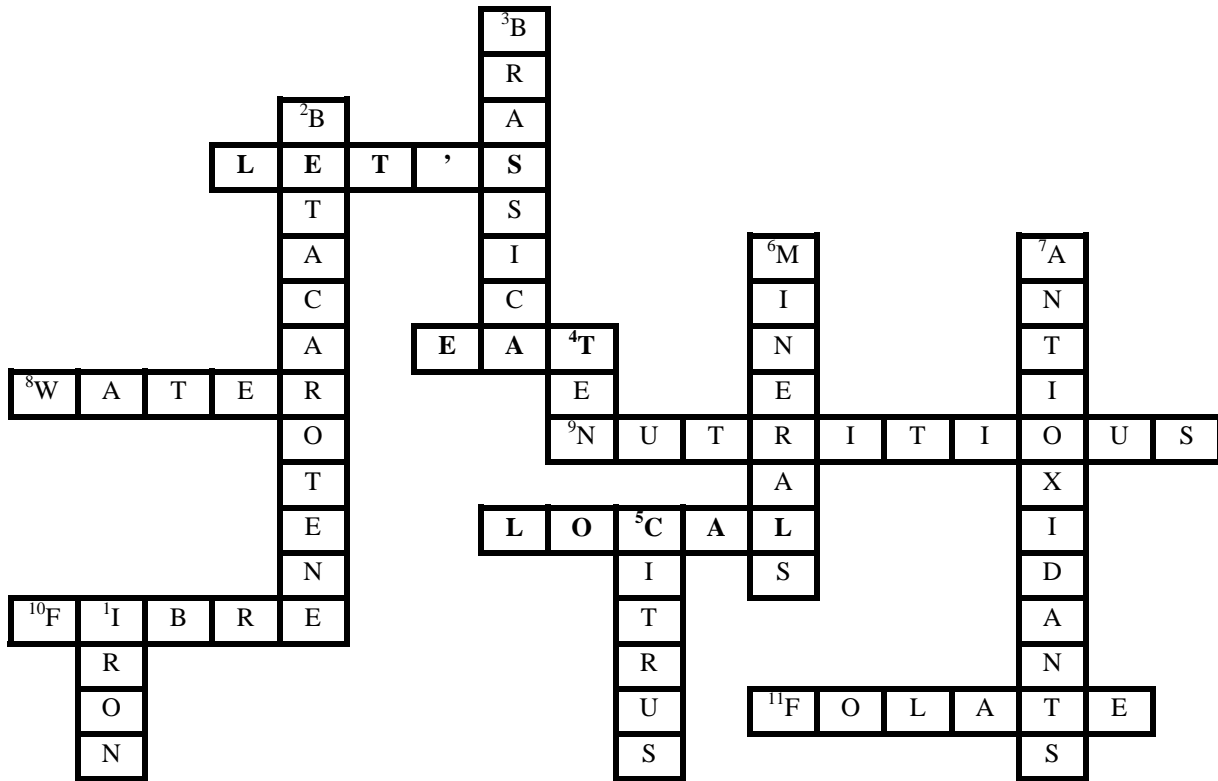


## EATING FRUITS AND VEGETABLES FOR A HEALTHY BODY



### DOWN

- 1) The mineral iron is found in large amounts in the blood and is required for a healthy immune system, energy production and for growth.
- 2) Darker coloured vegetables generally contain more vitamins like folate and beta carotene.
- 3) Vegetables from the Brassica family include broccoli, cabbage and cauliflower.
- 4) We should eat five to ten servings of fruits and vegetables daily.
- 5) Good sources of vitamin C are citrus fruits.
- 6) Fruits and vegetables contain important vitamins and minerals.
- 7) Vitamins A and C are examples of antioxidants, which help reduce the risk of cancer.

### ACROSS

- 8) Fresh fruits and vegetables contain 70-80% water.
- 9) Fruit and vegetables are most nutritious if eaten soon after picking.
- 10) Fibre is a carbohydrate that is indigestible.
- 11) The vitamin folate is important for the formation of all cells in the body and specifically red blood cells.