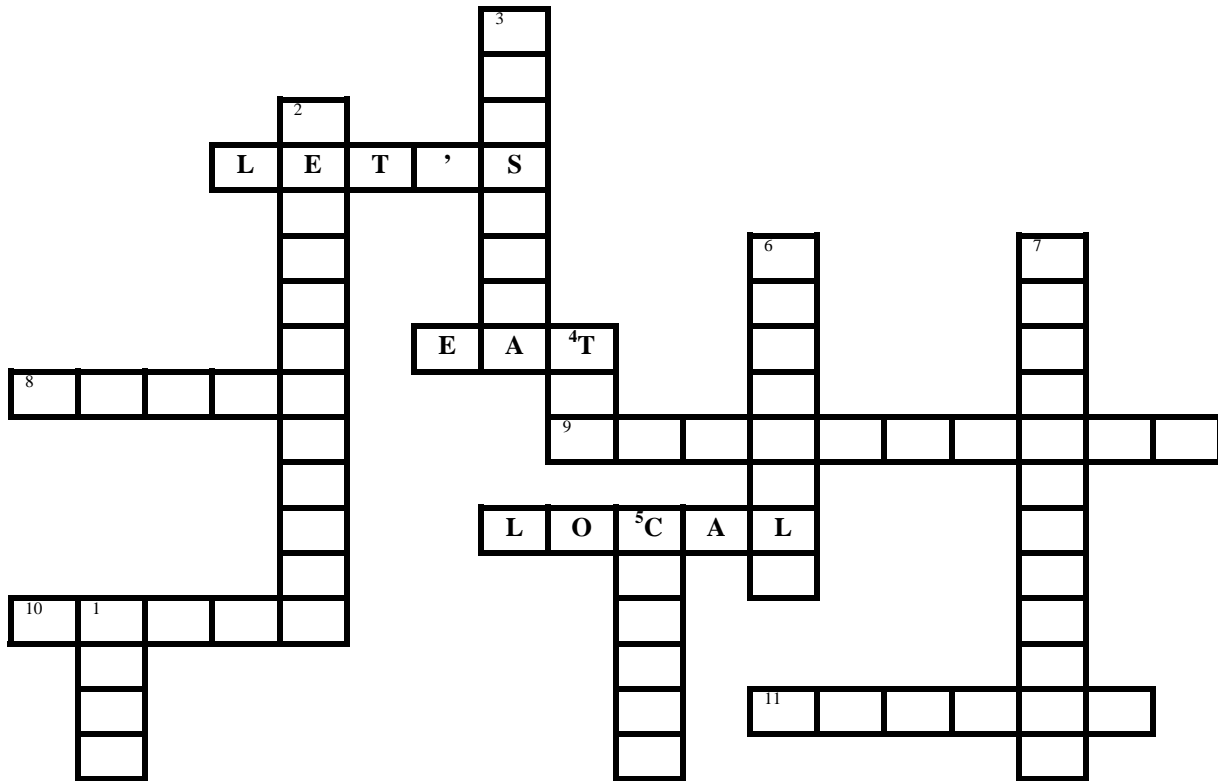


EATING FRUITS AND VEGETABLES FOR A HEALTHY BODY



DOWN

- 1) The mineral _____ 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 _____.
- 3) Vegetables from the _____ family include broccoli, cabbage and cauliflower.
- 4) We should eat five to _____ servings of fruits and vegetables daily.
- 5) Good sources of vitamin C are _____ fruits.
- 6) Fruits and vegetables contain important vitamins and _____.
- 7) Vitamins A and C are examples of _____, which help reduce the risk of cancer.

ACROSS

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