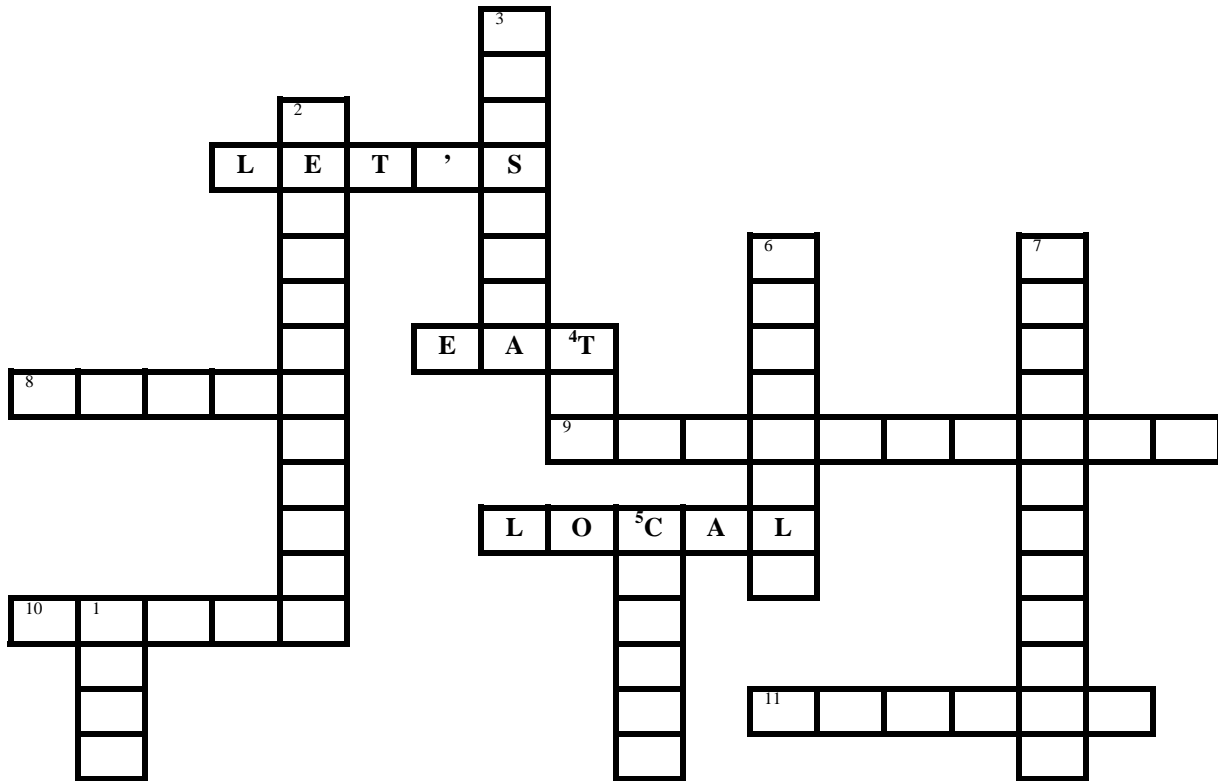


## EATING FRUITS AND VEGETABLES FOR A HEALTHY BODY



### 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.