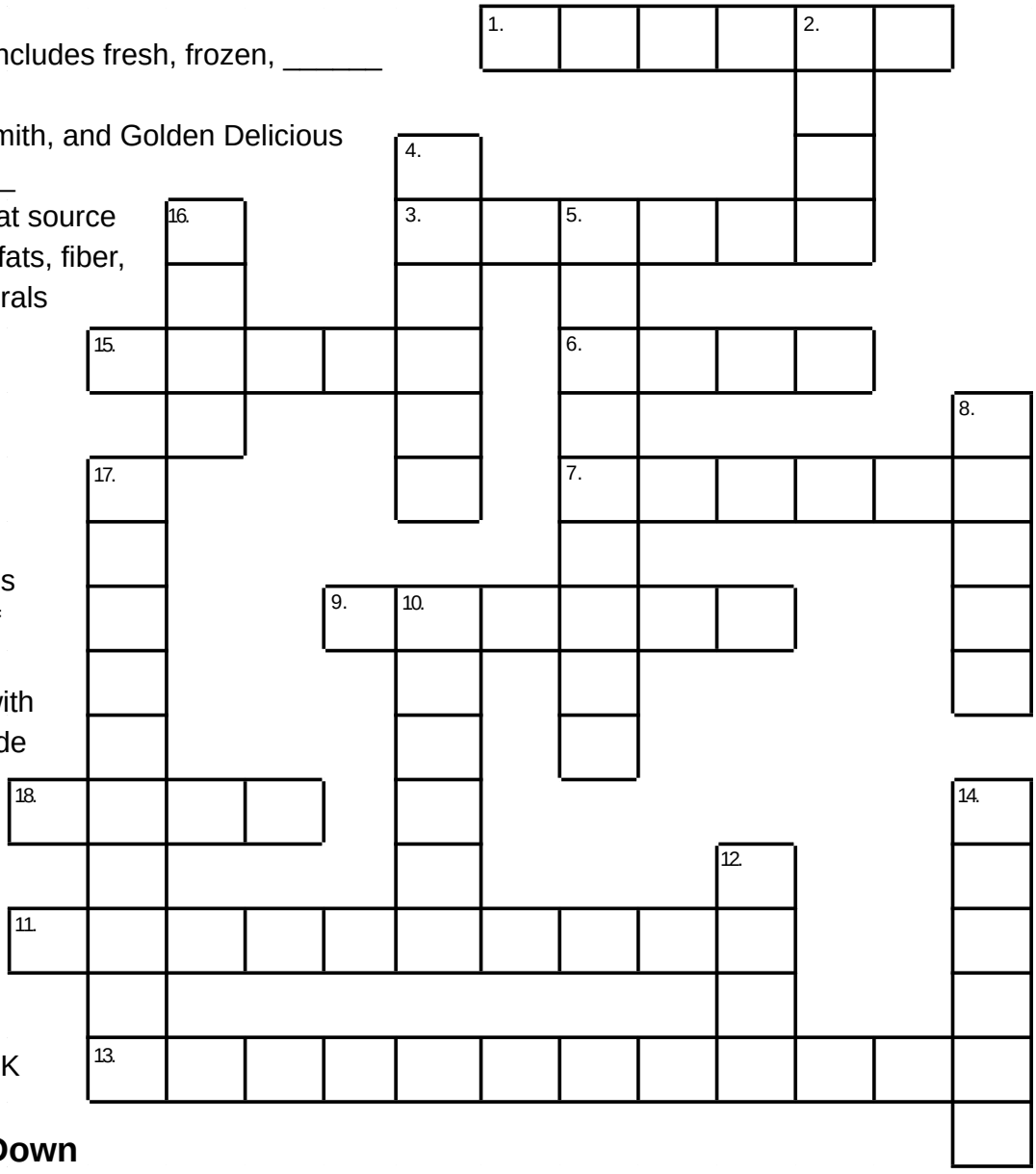
CROSSWORD PUZZLE



Across

1. The fruit group includes fresh, frozen, _____ and dried fruit
3. Gala, Granny Smith, and Golden Delicious are types of _____
6. These are a great source of protein, healthy fats, fiber, vitamins, and minerals
7. Staying _____ can help improve strength, health, mood, and independence
9. This fruit grows in bunches on vines
11. The smallest of tangerines
13. The only fruit with seeds on the outside
15. Drinking _____ helps keep you hydrated
18. A leafy-green vegetable that is rich in vitamins A, C, and K

Down

2. ____ are high in protein and can be scrambled, fried, or hard-boiled
4. A root vegetable that is rich in beta-carotene
5. A fruit that can take 2 years to grow
8. Honeydew and cantaloupe are types of these
10. A grape that has been dried in the sun
12. This fruit is part of the apple family and ripens from the inside out
14. Spaghetti, acorn, and butternut are types of _____
16. A vegetable that grows in pods
17. Broccoli, carrots, and green beans are examples of _____

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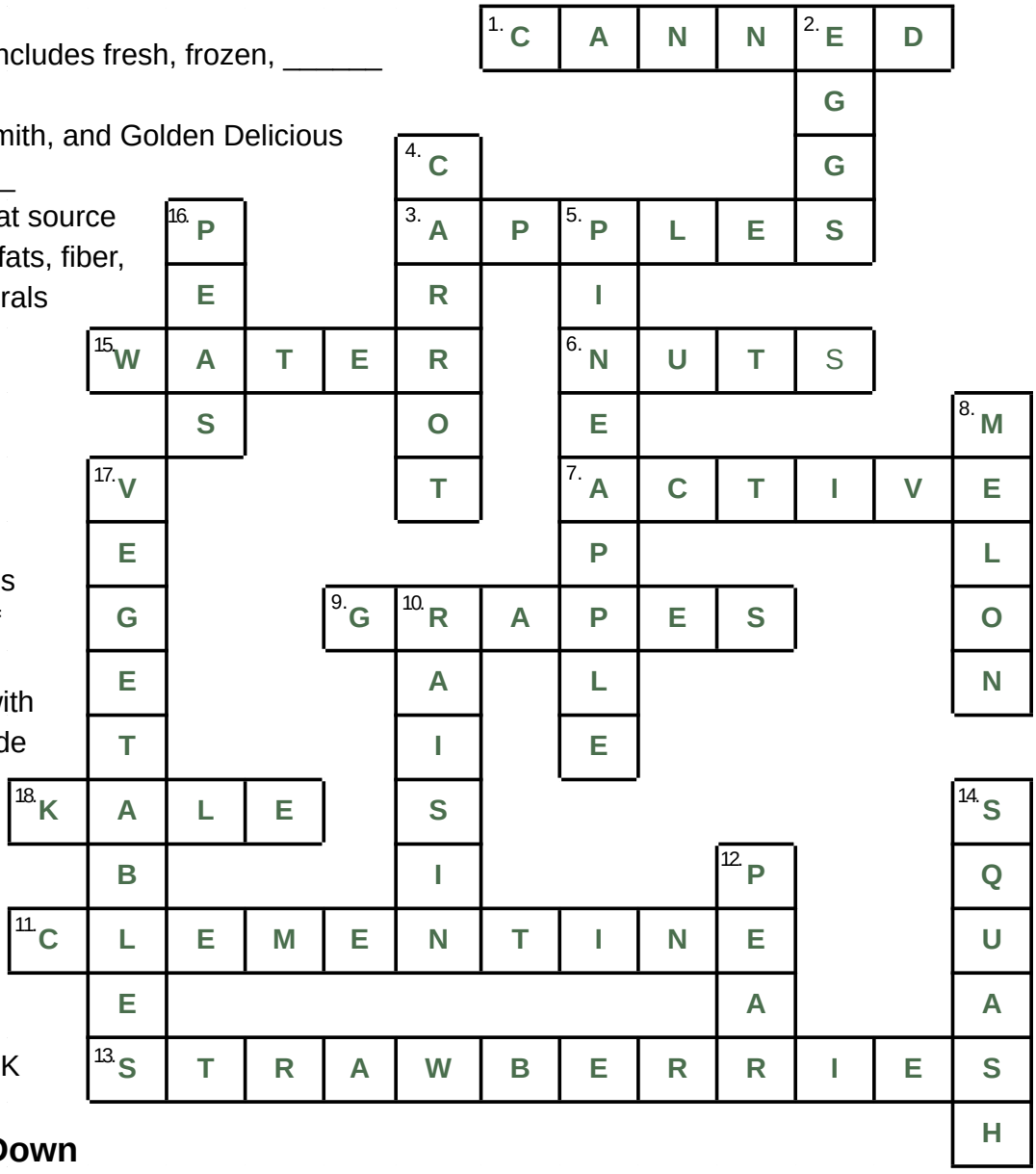
ANSWER KEY



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