

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

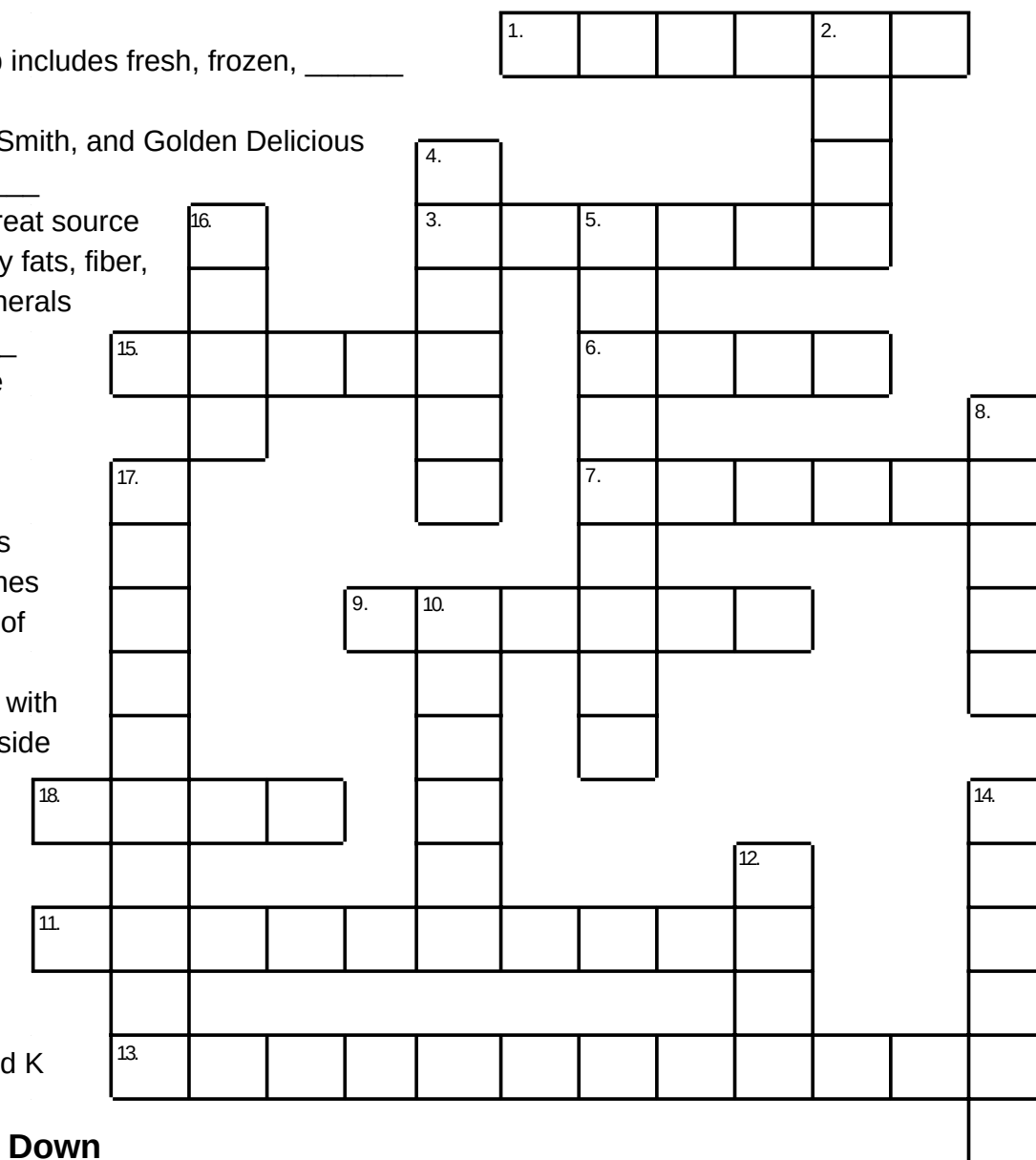
9. This fruit grows in bunches on vines

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 _____



The Nutrition
and Physical
Activity Division

ALABAMA
PUBLIC
HEALTH

ANSWER KEY

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1. C A N N 2. E D

4. C

3. A P

R

15. W A T E R

O

T

17. V

E

G

E

T

18. K A L E

B

11. C L E M E N T I N E

E

13. S T R A W B E R R I E S

H

2. E D

G

5. P L E S

I

6. N U T S

E

7. A C T I V E

L

8. M

9. G

10. R A P E S

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