

# Eat Your Vegetables

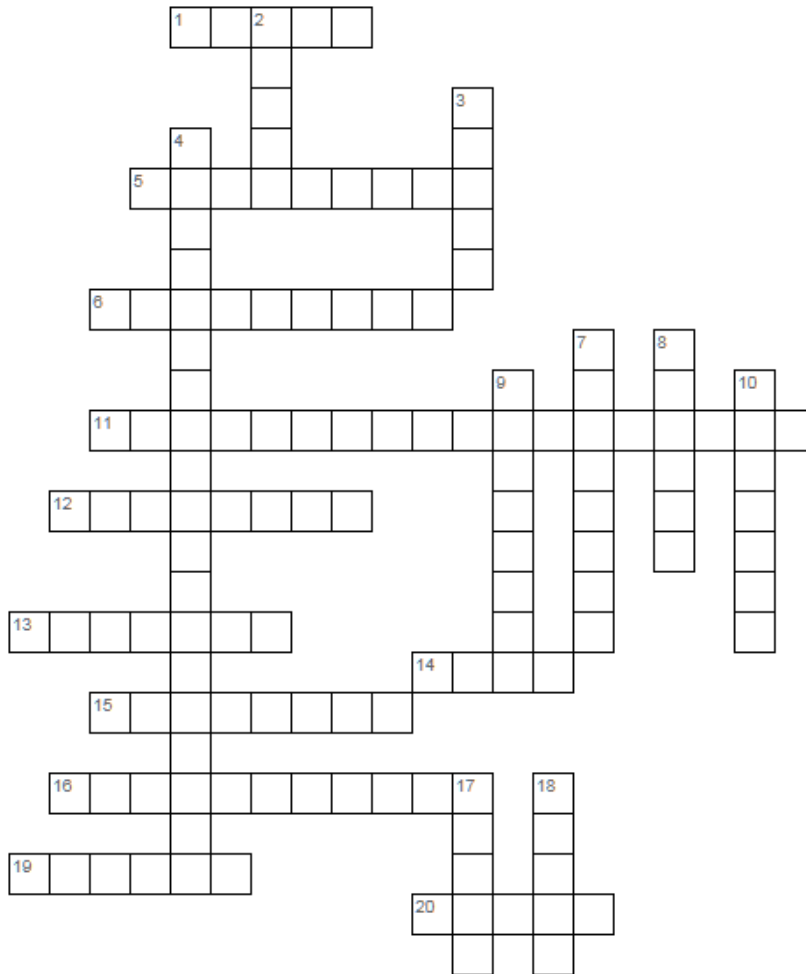


ARTICHOKE  
AVOCADO  
BASIL  
BEET  
BELL PEPPER  
CAPER  
CELERIAC  
CELERY  
CHARD  
CHIVE  
CRESS  
DAIKON  
EGGPLANT  
ENDIVE

FENNEL  
GINGER  
GREENS  
JICAMA  
KALE  
LEEK  
LETTUCE  
MAIZE  
OKRA  
PARSLEY  
PARSNIP  
PEA  
PUMPKIN  
RADISH

RHUBARB  
ROCKET  
SALSIFY  
SORREL  
SPROUTS  
SQUASH  
SWEET POTATO  
TARO  
TUBER  
TURNIP  
WATERCRESS  
YAM

## Healthy Eating



### Across

- 1 You should eat this colour rice.
- 5 The most important meal of the day.
- 6 Bananas are known for having a lot of this.
- 11 The healthy fat found in peanut butter.
- 12 This is a healthy cooking oil because it is high in healthy fat.
- 13 The nutritional component important for muscle growth.
- 14 A healthy, low fat form of milk.
- 15 This type of fat lowers your good cholesterol and increases your bad cholesterol.
- 16 Most of your carbohydrates should be:
- 19 This dairy product should be eaten in small portions because of its above average fat content
- 20 Meat should be \_\_\_\_ instead of fried.

### Down

- 2 This type of fat is found in fish and helps heart function.
- 3 One of the more overlooked nutritional components, this should be consumed daily in liquid form.
- 4 The food group you should be getting the most servings from.
- 7 Orange juice is very high in this vitamin
- 8 Having too much of this on your french fries can increase blood pressure.
- 9 This leafy green vegetable is high in fiber and vitamin C
- 10 An important component found in milk that helps bone growth.
- 17 This is the quickest type of carbohydrate to digest, and should be ate spraringly.
- 18 Vegetables and All Bran are full of \_\_\_\_\_, that may lower cholesterol and keeps you full for longer.