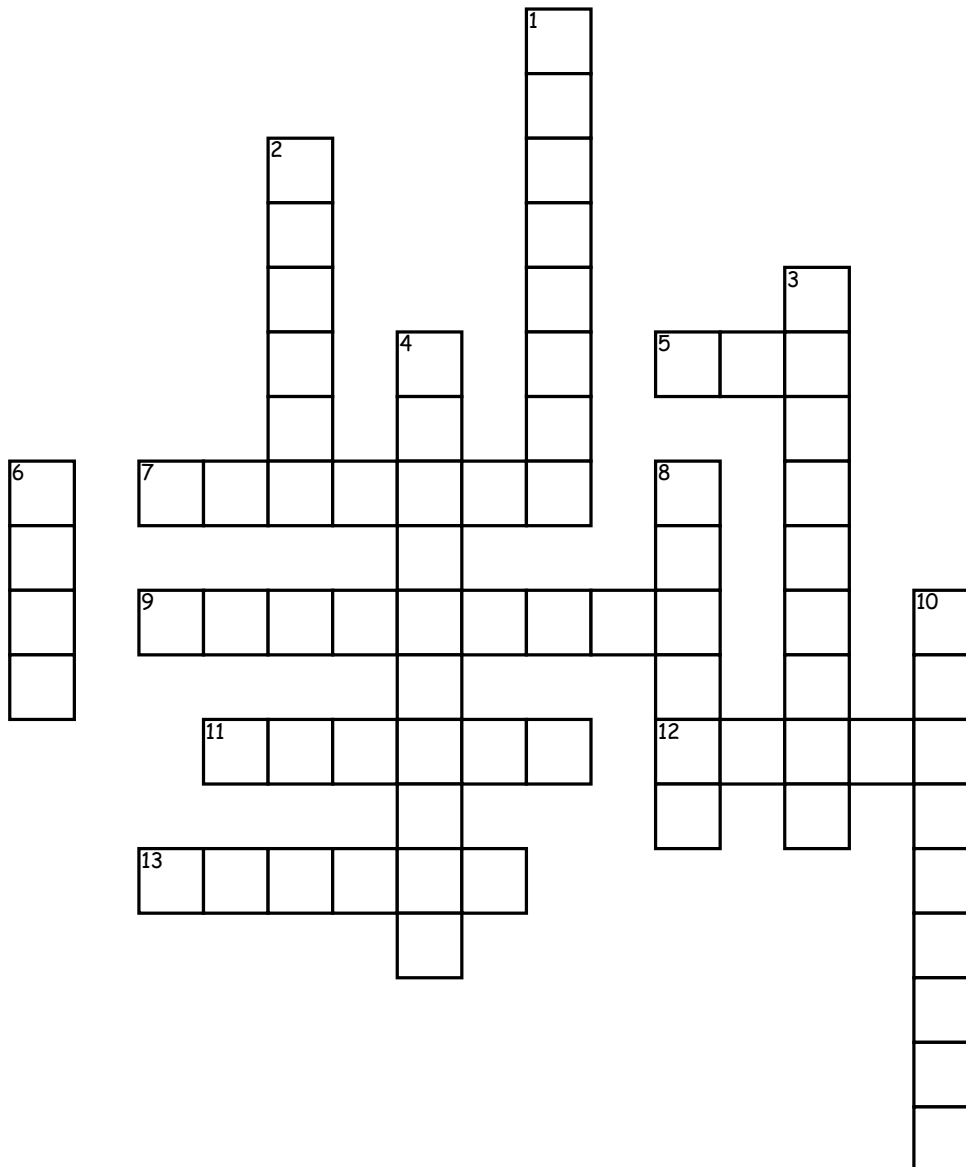


Name: _____

Date: _____

How well do you know your fruits and Vegetables?



Across

5. How many fruits should you have in a day?

7. Fruits and vegetables are everyday foods because they are?

9. Sugar comes from ?

11. Sometimes foods make you?

12. Apples can be red or ?

13. A vegetable that can help improve your eyesight is a?

Down

1. There are sometimes fruits and _____ foods.

2. What is a monkey's favourite fruit?

3. Pizza is a _____ food.

4. What is the most hydrating fruit?

6. How many vegetables would you have in a day?

8. Healthy food gives you...

10. You can find this fruit on a pizza...