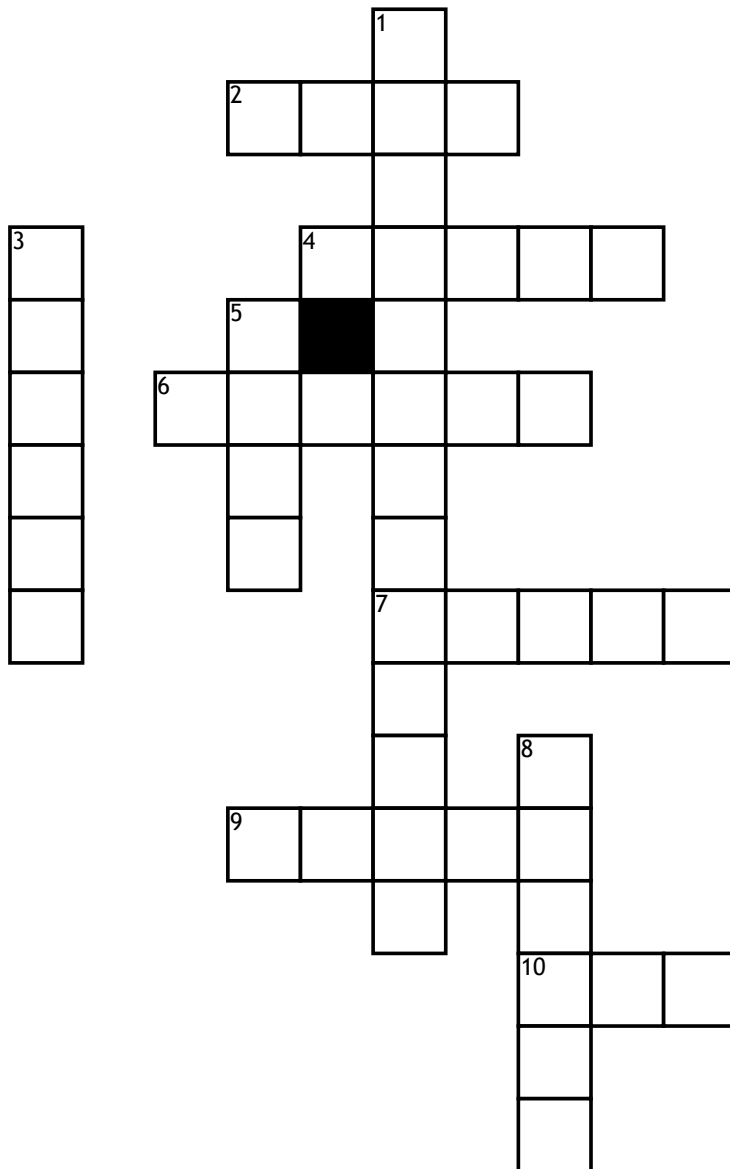


Name: \_\_\_\_\_

## NNW 2021: EAT MORE VEGETABLES & FRUIT EVERY DAY



### Across

2. When having lunch/dinner aim for \_\_\_\_\_ a plate of vegetables/salad.
4. Use vegetables in \_\_\_\_\_ and stews before they spoil to prevent food waste.
6. Portion sizes: two \_\_\_\_\_ hands for cooked vegetables.
7. Portion sizes: a \_\_\_\_\_ handful for raisins.
9. Aim for at least \_\_\_\_\_ portions of vegetables and two portions of fruit every day.
10. At the age of \_\_\_\_\_ months, solid foods need to be added to a baby's diet, in addition to breastmilk.

### Down

1. Vegetables and fruit form part of a healthy eating plan and protect against diseases by reducing \_\_\_\_\_.
3. Vegetables and fruit form part of a healthy eating plan and protect against disease such as \_\_\_\_\_.
5. Buy vegetables and fruit in \_\_\_\_\_, especially when they are on special.
8. Buy vegetables and fruits that are in \_\_\_\_\_, they are often much more affordable.