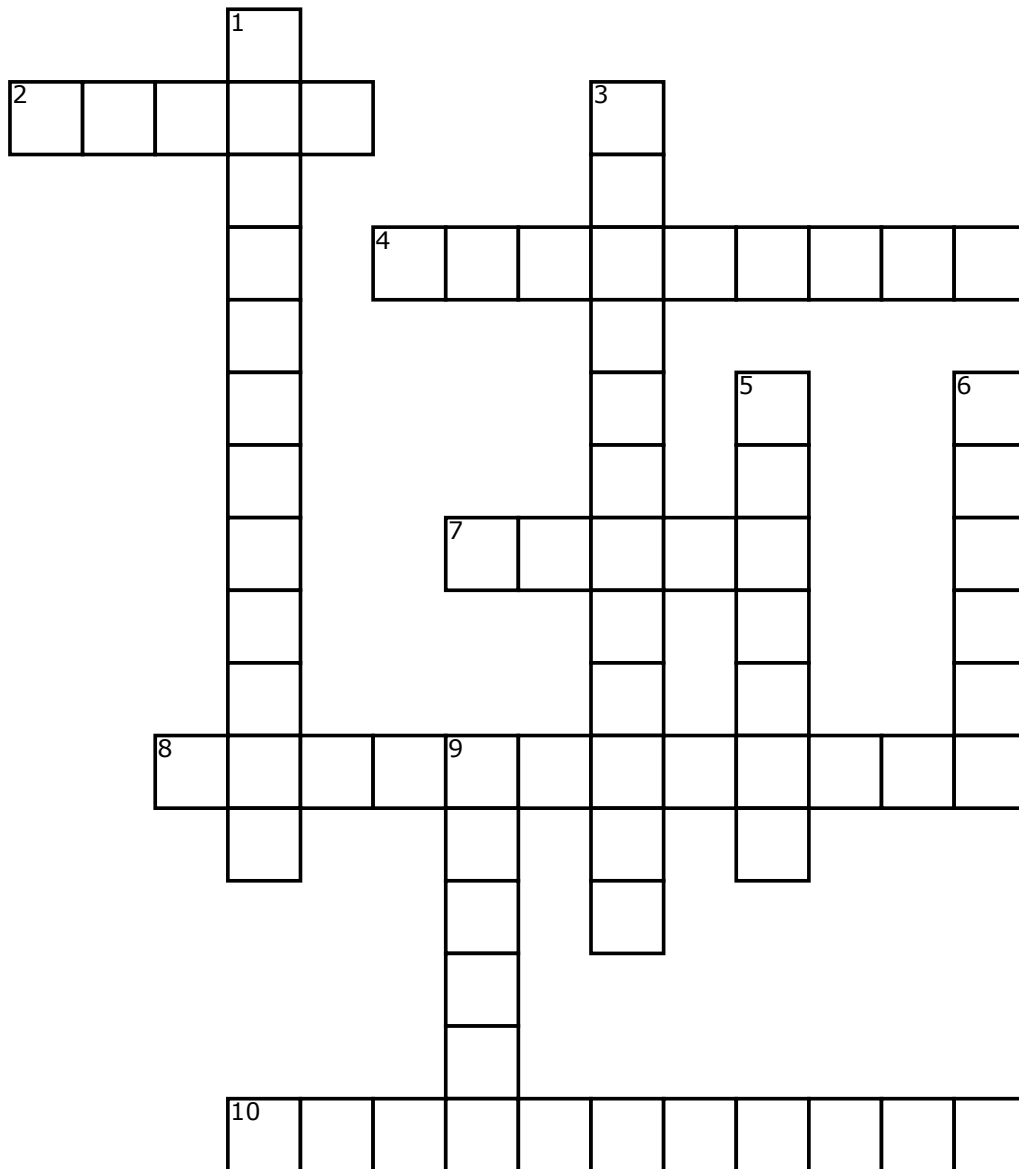


Name: _____

Date: _____

What Can Fruit Do For Me?



Across

- 2.** Eating fruit instead of drinking fruit juice provides _____ which helps lower cholesterol and regulate bowel movements
- 4.** This mineral helps maintain blood pressure and is found in many orange and yellow fruits
- 7.** Grapes of this color provide Vitamin K which aids in blood clotting
- 8.** Vitamins and minerals in fruits act as _____ which protect against cell damage in your body
- 10.** These small round berries contain more antioxidants than any other fruit

Down

- 1.** Vitamin A, also called beta-carotene, is found in this color fruits and aids in eyesight and immune function
- 3.** Purple fruits like plums and _____ provide anthocyanins which protect blood vessels
- 5.** Yellow fruits such as _____ provide vitamin B6 to help your brain and nervous system functions
- 6.** This fruit can be red, pink, yellow, or green
- 9.** Guava, a fruit common in Hispanic cultures, contains about four times the amount of vitamin C as an _____