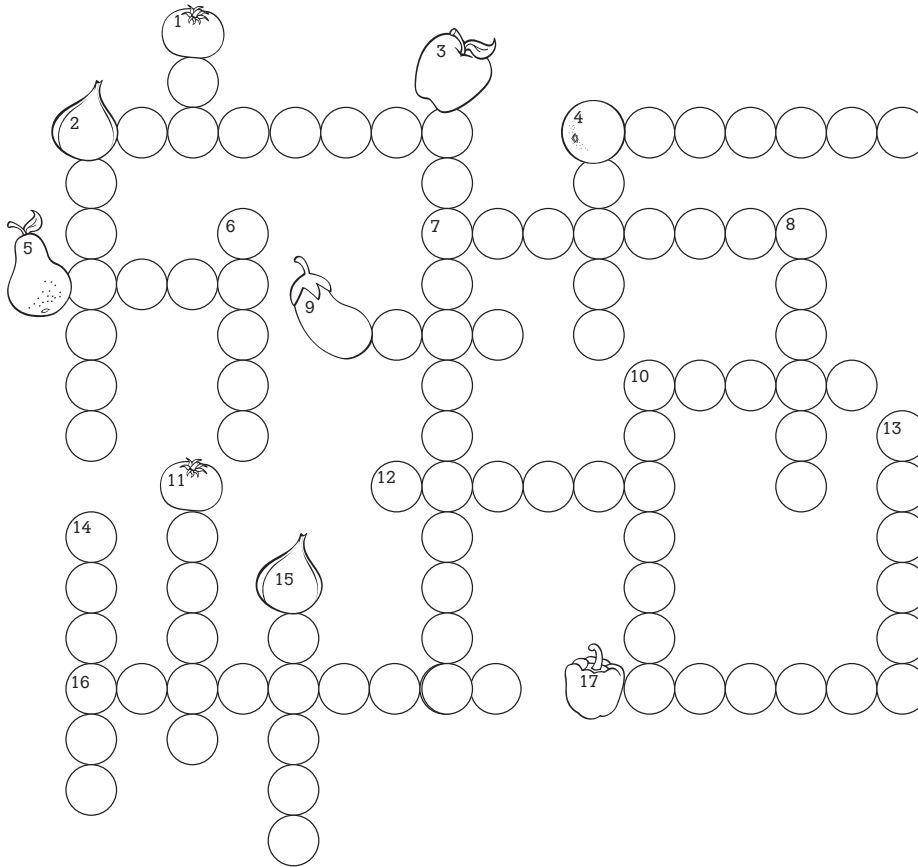


Fruit & Veggie Crossword

Below is a crossword with words that have to do with fruits and vegetables.



ACROSS

- 2 Important for healthy eyes; found in dark green and orange veggies
- 4 Dark green leaves; eaten cooked or raw in salads
- 5 Keeps your digestive tract healthy
- 7 Fruits and veggies have lots of vitamins and _____
- 9 _____ on the cob
- 10 Foods grown close to home
- 12 Crunchy snack also used in stew
- 16 Fruits and veggies are packed with these
- 17 Veggies that can be hot or sweet

DOWN

- 1 You should _____ fruits and veggies every day
- 2 Fruits and veggies come in a _____ of colors and shapes
- 3 A great place to buy fresh fruits and veggies
- 4 A healthy way to cook vegetables
- 6 Three forms of fruits and veggies: frozen, canned and _____
- 8 Acorn, zucchini, butternut are all _____
- 10 Main ingredient in tossed salad
- 11 Juicy, used in sauces and salsa
- 13 Cantaloupe and honeydew are both _____
- 14 Most popular fruit for juice
- 15 Can make you cry when sliced and diced

Fruit & Veggie Cryptogram



A cryptogram is a block of text that has been made unreadable through the use of a substitution code. This means that each letter used in the original text has been substituted with another letter throughout (G becomes A, F becomes P, etc.). Figure out the code to reveal a phrase about fruits and veggies!



KBQ CBPCFHPV SUZEQC PHL OBKKEBC PHL BWBURECB MGEVB
MPVIEHK PUFZHL QGB SPUJBUC JPUIBQ.

EatWellBeWell.org

Cryptogram ANSWER: Get seasonal fruits and veggies and exercise while walking around the farmers' market.
Equivalencies: A:P B:X C:R D:L E:B F:S G:K H:G I:E J:D K:I L:V M:N O:F P:Y Q:A R:U S:C T:Q U:Z V:O W:M X:W Y:T Z:N
Crossword ANSWERS: Across: 2. Vitamin A 4. Spinach 5. Fiber 7. Minerals 9. Corn 10. Local 12. Carrot 16. Nutrients
17. Peppers. Down: 1. Eat 2. Variety 3. Farmers' Market 4. Steam 6. Fresh 8. Squash 10. Lettuce 11. Tomato 13. Melons
14. Orange 15. Onions