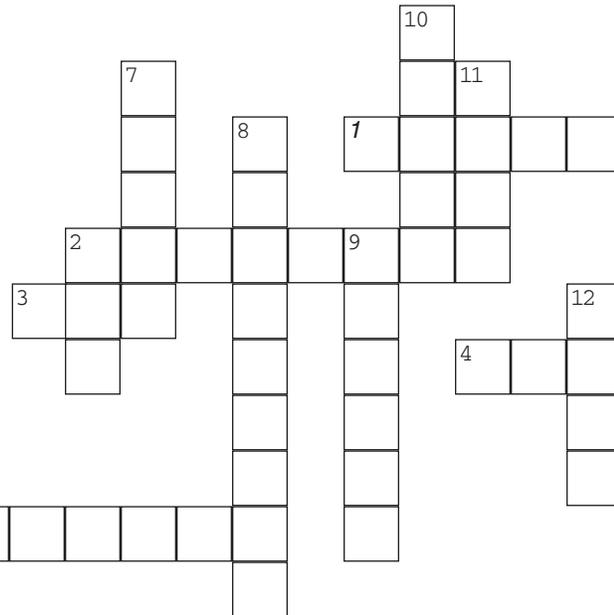


Solve the Fruit and Veggie Puzzle



Across:

- 1/2 cup dried, 1 cup 100% juice, 1 medium fruit and 1 cup fruit are all equal to one cup of _____.
- Fruits and vegetables, when eaten in adequate amounts as part of a healthy diet, help lower the risks for many chronic _____.
- Most people need to _____ 2-1/2 to 3 cps of vegetables each day.
- Most adults need 1-1/2 to _____ cups of fruit per day.
- 1 cup raw or cooked, 1 cup 100% juice or 2 cups leafy greens equals one cup of _____.

Down:

- Try to eat more fruits and vegetables every _____.
- Whole _____ is better than juice because it contains fiber.
- _____ is the first meal of the day and the first opportunity for fruit (as well as whole grains and skim milk!).

- Eat fruits and veggies for your _____ instead of calorie-dense choices like chips, cookies and crackers.
- Most people need to eat 2-1/2 to _____ cups of vegetables each day.
- Most people need to eat about 4.5 _____ of fruits and vegetables each day.
- You should eat _____ fruits and vegetables than any other food group.

Bonus question:

Sarah is making a salad. She puts 2 cups of leafy greens on her plate. Then she adds 1 cup of assorted chopped vegetables. How many cups of vegetables is Sarah eating with this salad? _____

leafy greens counts as one cup.
 Bonus: 2 cups of vegetables. The 2 cups of
 fast, 9. snacks, 10. three, 11. cups, 12. more
 vegetables. Down: 2. day, 7. fruit, 8. break-
 Across: 1. fruit, 2. diseases, 3. eat, 4. two, 5.

Answers: