

Crossword Puzzle

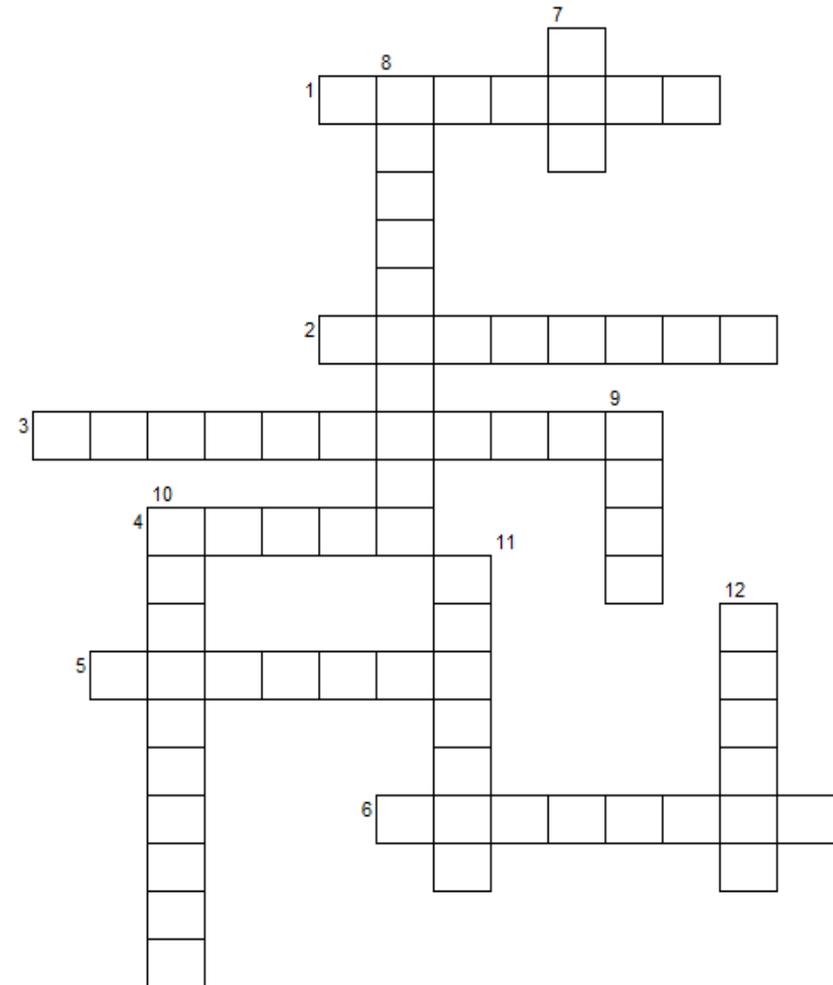


Across:

- In the United States, the _____ is mainly grown in California and Florida. They might be eaten sliced, diced or mashed, like in guacamole.
- This light colored, round bean is a main ingredient in hummus. Some people also know these beans as chickpeas.
- When eaten raw, _____ is a crunchy white vegetable. It also looks similar to broccoli.
- _____ cheese is pale-yellow in color and a popular addition to sandwiches. It's also well-known for its large and small holes.
- This mineral is essential for healthy bones and teeth. It's found in dairy products, some leafy green vegetables and fish with soft bones.
- Sometimes known as the sunshine vitamin, _____ is found in fortified milk and soy beverages and some types of fatty fish.

Down:

- Turkey and _____ are both popular choices for lunch meats and holiday dinners.
- MyPlate recommends filling half our plates with fruits and _____.
- This grain plays an important part in many eating styles all over the world. It may be brown or white, and is often grown in marshy areas.
- This juicy red berry has small black seeds on the outside and a leafy green crown. They can be eaten plain or added to a variety of foods, such as cereal, waffles, smoothies and yogurt.
- Many people like to carve this orange squash at Halloween. It can also be eaten in a variety of ways but is known for being baked into pies or made into soups.
- This nut grows in a tear-drop shape but you may find it chopped, sliced or ground into a butter - similar to peanut butter.



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