

Crossword Puzzle

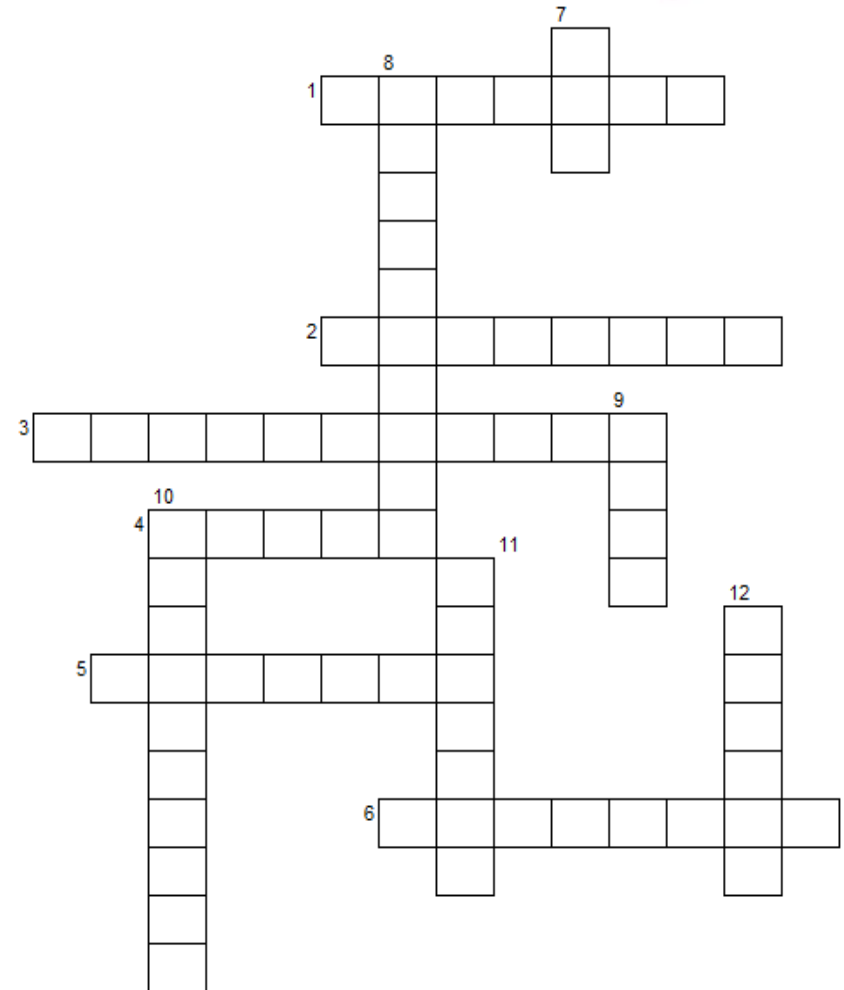


Across:

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

Down:

7. Turkey and _____ are both popular choices for lunch meats and holiday dinners.
8. MyPlate recommends filling half our plates with fruits and _____.
9. 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.
10. 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.
11. 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.
12. 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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