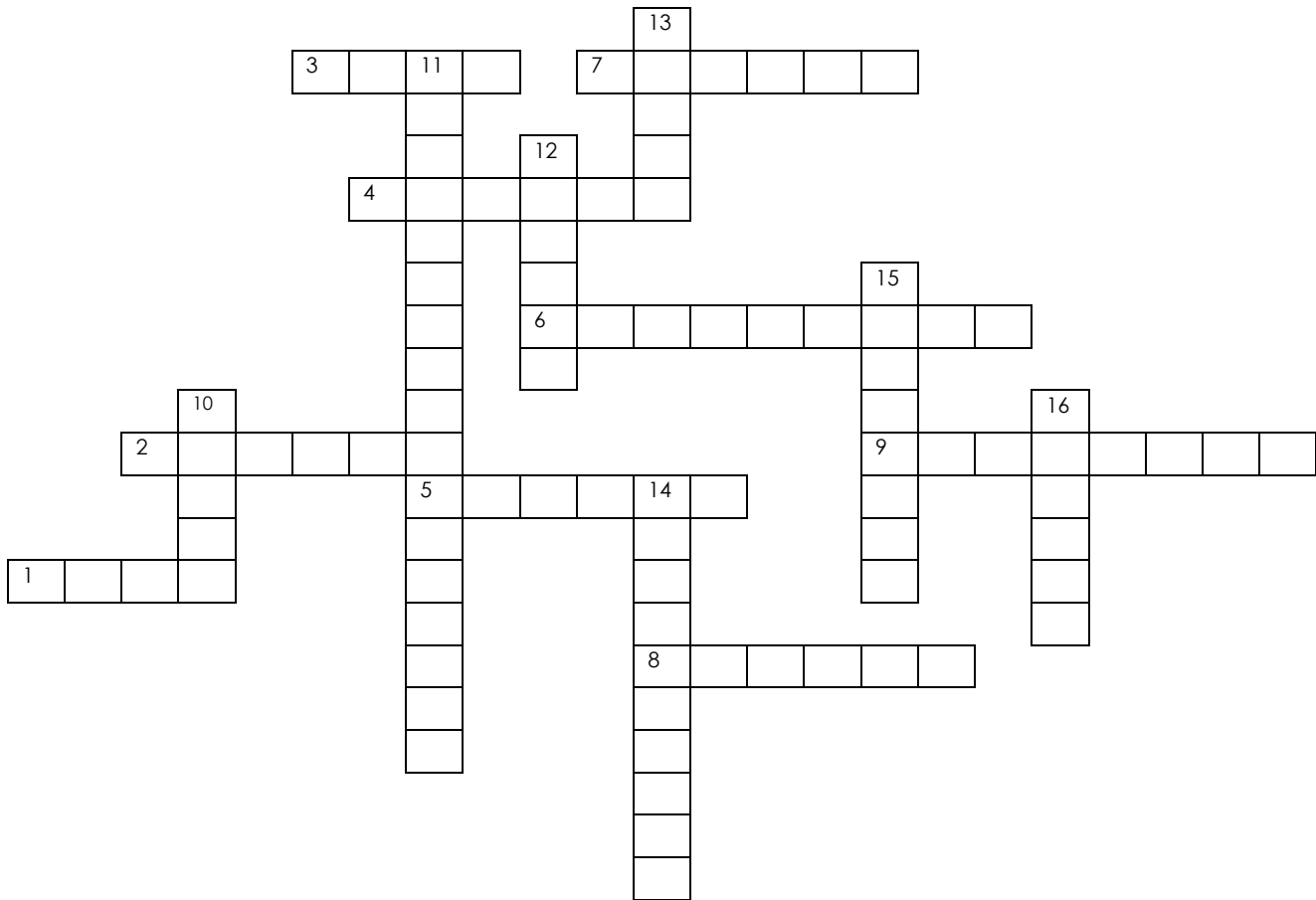


Sensational Snack Crossword Puzzle



Use the clues to complete the puzzle. Combine a food from a row and a column to create a sensational snack!

Across

1. From the Grain Food Group. A bread that can form a pocket. A good source of energy.
2. An orange, crunchy, vegetable that's a great source of Vitamin A which promotes good vision.
3. A fruit. Brown and fuzzy skin. Green under the skin and white in the center. Its Vitamin C helps you fight off sickness.
4. A nut that is a good source of calcium and Vitamin E. There's a candy bar named after it.
5. A dairy product they make a lot of in Wisconsin. Its calcium helps build strong bones and teeth.
6. A very, small, red fruit that has a lot of antioxidants. Each berry looks like a lot of little balls.
7. A dried fruit made of grapes. A rich source of boron which helps prevent osteoporosis.
8. A nut used in many baked goods. The meat of the nut is very wavy and is good for your heart.
9. A long green vegetable used to make pickles. Its skin is high in silica, a mineral that helps your skin.

Down

10. Juicy side dish made from tomatoes, onion, and peppers. A good source of antioxidants.
11. A healthy type of crispy, baked grain that is often served with cheese. It's full of fiber.
12. A creamy dairy product that's great with fruit and granola. Its calcium helps build strong bones.
13. A mixture of vegetables often served with dressing. A great way to get vitamins, minerals, fiber.
14. A small red fruit that is full of vitamin C and has seeds on the outside. It's shaped like a cone.
15. A green vegetable that's full of calcium and fiber. It looks like a little tree.
16. A middle eastern bean dip made from chickpeas. It is full of protein and builds strong muscles.

