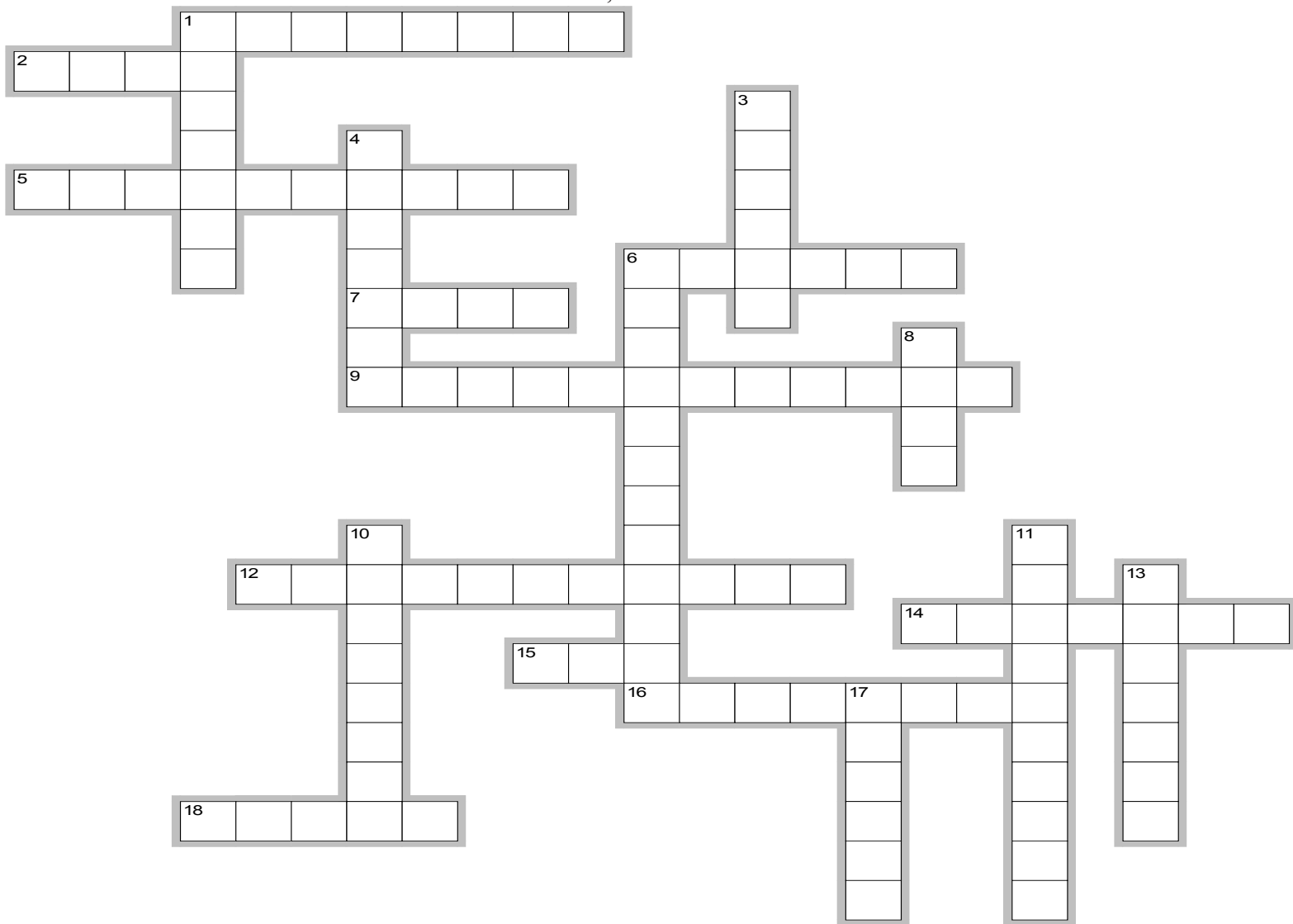


# Growing up Healthy With Food From Florida

Pre-, Post-Test



## Across

1. I am a good source of vitamin C and potassium and taste great baked, fried or mashed.
2. This grain is a good source of B-vitamins like thiamin, riboflavin and niacin.
5. This fruit is 92% water and is an excellent source of vitamin A.
6. In 2006, Florida produced more of this fruit than any other state.
7. Fat-free and low-fat are the best varieties to choose for this dairy food.
9. This fruit is an excellent source of vitamin C.
12. These fruits contain antioxidants that may help prevent disease.
14. This nutrient is needed for growth and healing.
15. This nutrient helps your body use certain vitamins, regulates body temperature, and helps cushion your organs. It is also a source of energy.
16. Riding your bicycle, running or swimming are examples of this.
18. The foods in this group contain calcium for strong bones and teeth

## Down

1. These vegetables come in many colors including red, green and yellow.
3. This vegetable can be eaten raw on sandwiches and salads or be made into sauce for spaghetti or pizza.
4. Peanuts and soybeans are good sources of protein and are called \_\_\_\_\_.
6. This is the major nutrient that provides fuel or energy for your body.
8. A 3-ounce serving of this iron-rich meat is about the size of a deck of cards.
10. I am a source of potassium and am eaten raw in salads or pickled.
11. Choose \_\_\_\_\_ foods most often; like whole wheat bread.
13. Many varieties of this protein-rich food also contain heart healthy oils called omega-3 fatty acids.
17. A 1 1/2 ounce serving of this dairy food is considered one serving.