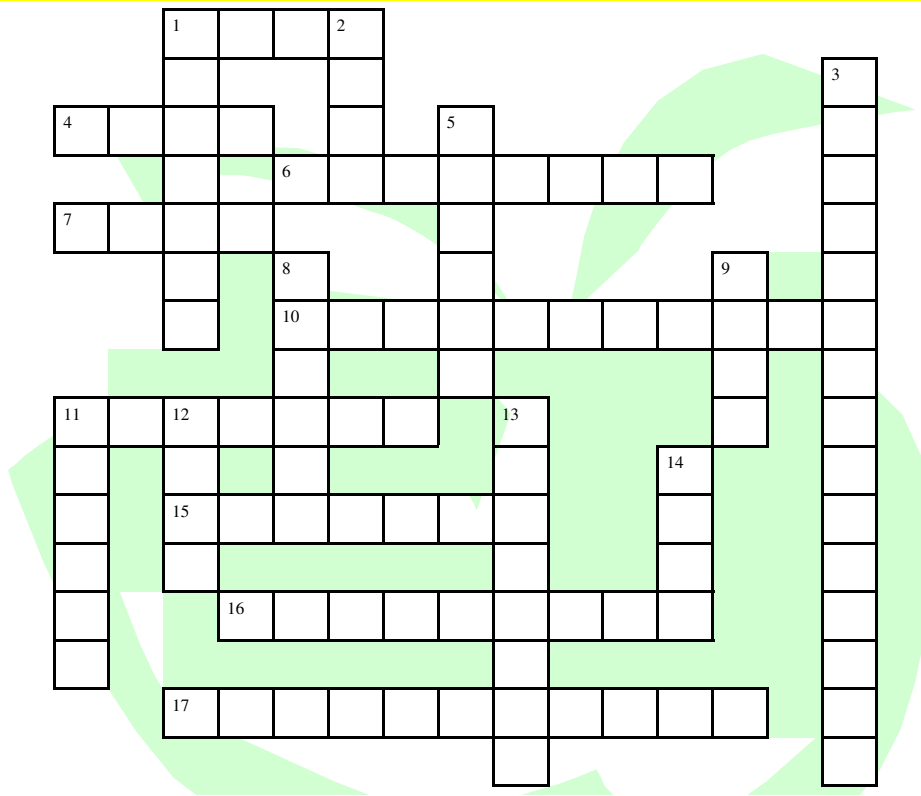


SECTION 6 - 5-A-DAY

Activity Sheet 2—Fruit & veg crossword



Across

1. The national emblem of Wales (4)
4. This fruit grows on a palm and is often available dried (4)
6. Most fruit and vegetables are a good source of this—oranges and blackcurrants in particular (7,1)
7. What fruit did Little Jack Horner pull out with his thumb? (4)
10. A small glass of this a day will provide you with all the vitamin C you need (6,5)
11. These dolls grew up big and strong because they got lots of good vitamins and minerals from a certain patch in the garden (7)
15. A pear-shaped fruit, but contains a lot more fat and calories than a pear (7)
16. This grows on a cob and is a good source of fibre (9)
17. The only vegetable with white florets (11)

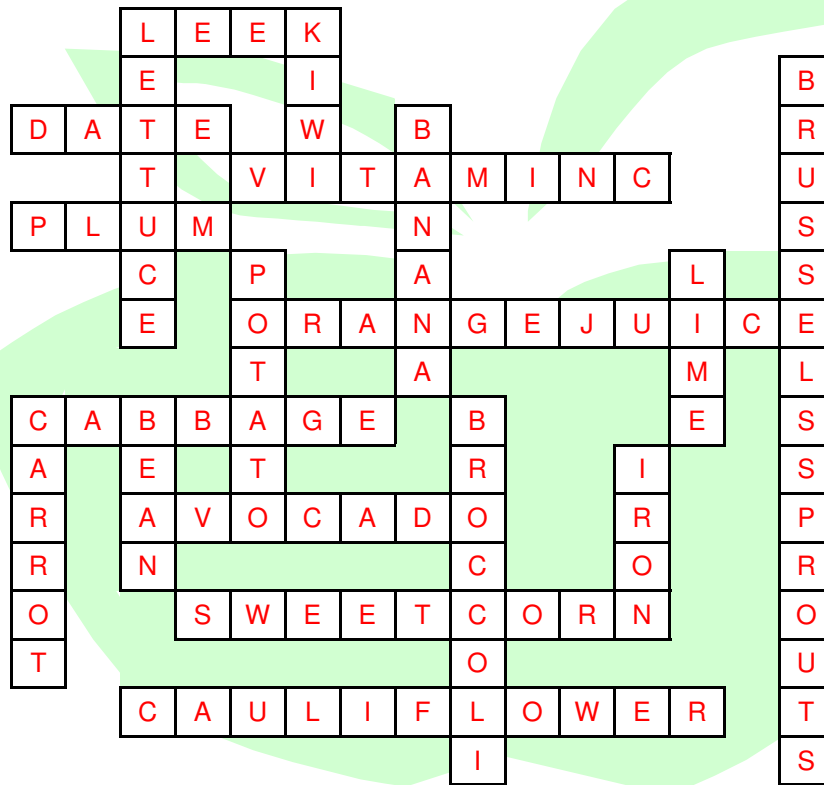
Down

1. This salad vegetable is often served with tomato and cucumber (7)
2. A fruit named after a small, flightless bird from New Zealand (4)
3. Vegetable named after Belgium capital (8,7)
5. This fruit is yellow and grows in bunches on trees (6)
8. What is better with its jacket on? (6)
9. This fruit was given to sailors to stop them getting scurvy (4)
11. This vegetable is a rich source of vitamin A. Have you ever seen a rabbit with glasses? (6)
12. It can be a runner, broad or baked and it is still full of fibre (4)
13. It's green or purple, it's a vegetable, it's got florets, and it's a brilliant source of vitamin C and iron (8)
14. Spinach made Popeye's blood strong because it was rich in this. Cabbage is an even better source of this mineral (4)

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SECTION 6 - 5-A-DAY

ANSWER—Activity Sheet 2



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