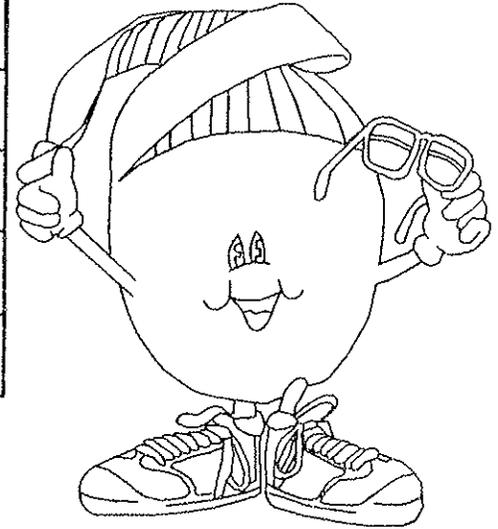
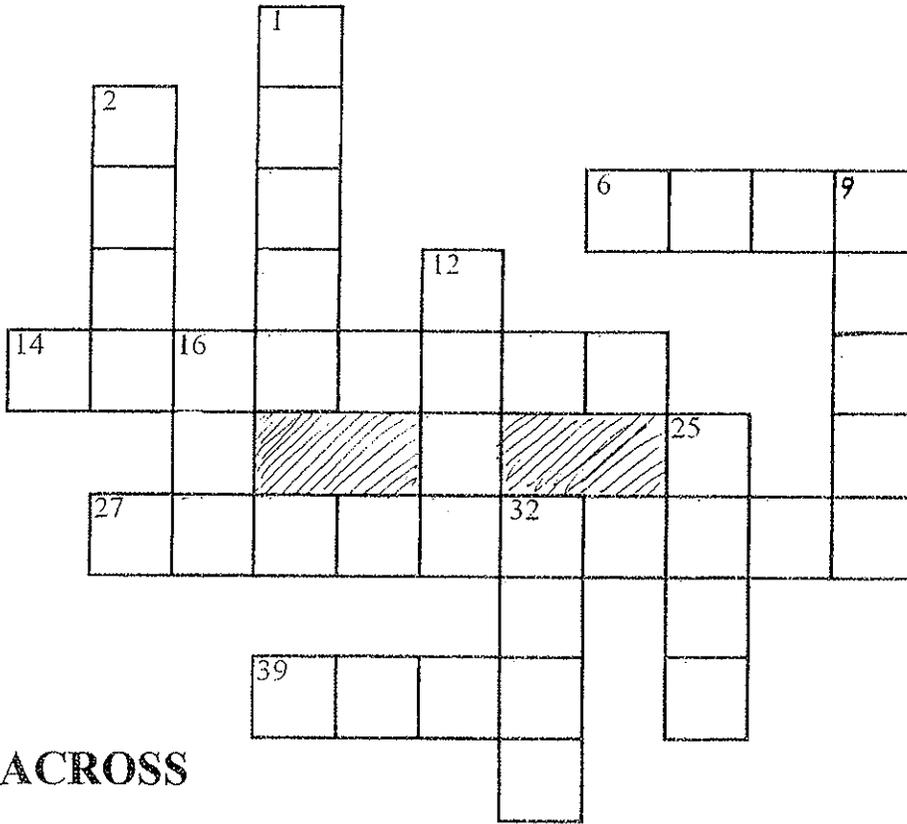


# Kiwifruit Crossword Fun



## ACROSS

6. Select kiwifruit that is plump and \_\_\_\_\_ to the touch

14. Kiwi is high in \_\_\_\_\_

27. Kiwifruit used to be called Chinese \_\_\_\_\_

39. Kiwifruit is available all \_\_\_\_\_

## DOWN

1. Kiwi first came from \_\_\_\_\_

2. Yang Tao was the original Chinese name for \_\_\_\_\_

9. Kiwifruit tastes sweet and \_\_\_\_\_

12. Kiwi grows on a \_\_\_\_\_ like grapes

16. Count \_\_\_\_ Kiwi as one serving of your 5 A Day

25. True or False. Kiwifruit is a good source of dietary fiber

32. Today's name for kiwifruit came from the Kiwi \_\_\_\_\_, the national symbol of New Zealand

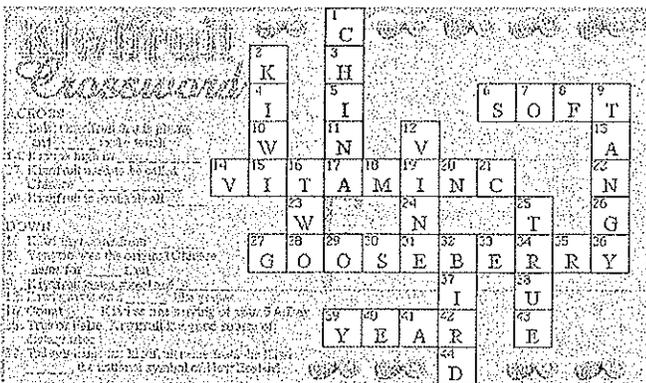


5 A Day Tip: Baby kiwis are a fun snack for kids.



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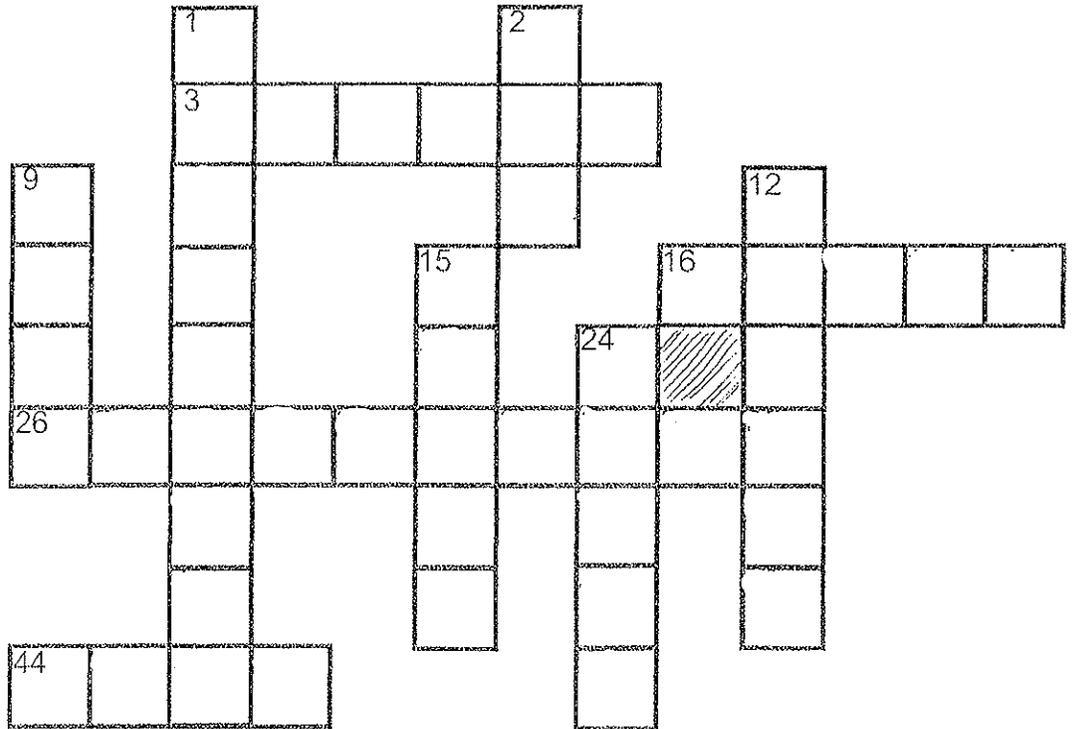
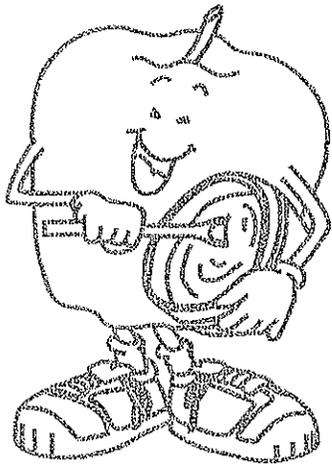
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# Apples Crossword Fun



## Across

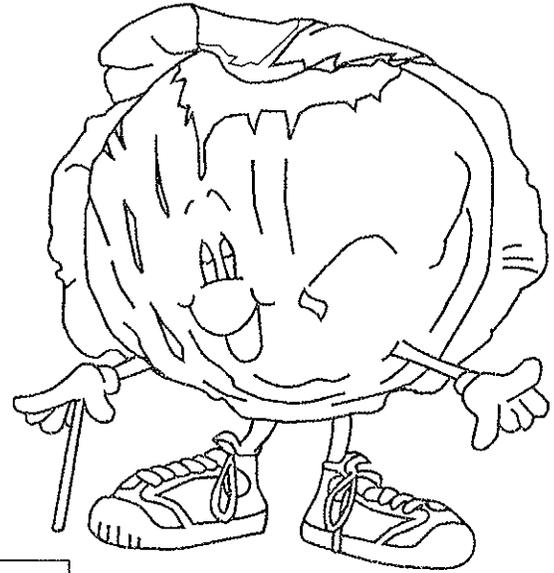
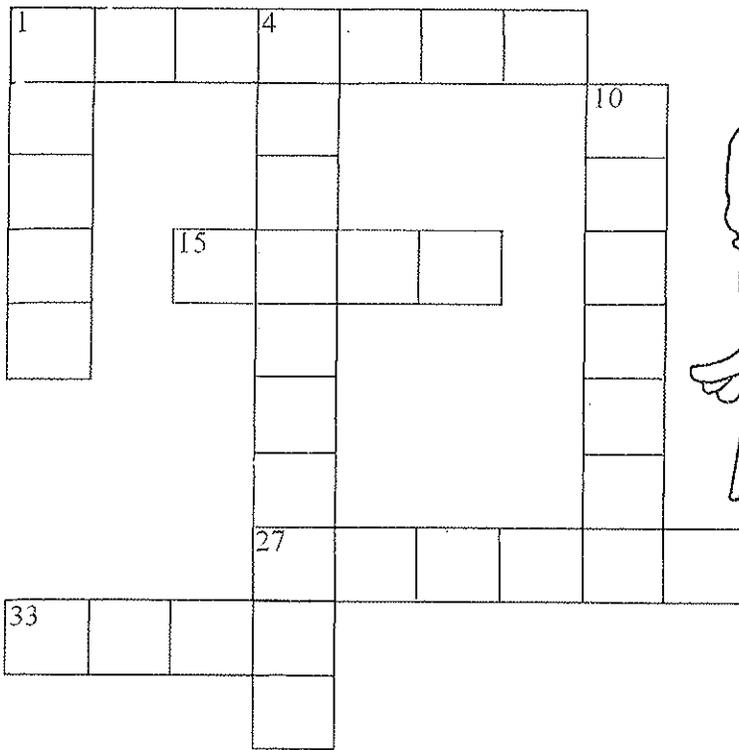
3. \_\_\_\_\_ are available year-round.
16. More than 7,000 varieties of apples grow in the \_\_\_\_\_.
26. In the United States, \_\_\_\_\_ state grows the most apples.
44. Apples help your \_\_\_\_\_ with digestion because they are high in fiber.

## Down

1. In the fall apples are \_\_\_\_\_ by hand.
2. The most popular type of apple in the U.S.A. is \_\_\_\_\_ delicious.
9. Apple trees can \_\_\_\_\_ more than 40 feet tall.
12. One apple \_\_\_\_\_ as one serving of your 5 A Day.
15. Pack apples for a snack or with \_\_\_\_\_.
24. \_\_\_\_\_ apples at home in the refrigerator.



# Lettuce Crossword Fun



## ACROSS

1. 1 cup of leafy greens equals 1 \_\_\_\_\_ of your 5 A Day
15. Americans eat about 30 pounds of lettuce each \_\_\_\_\_
27. Darker green lettuce \_\_\_\_\_ are the most nutritious
33. Romaine lettuce was popular in ancient \_\_\_\_\_

## DOWN

1. Lettuce is the start of a great \_\_\_\_\_
4. Lettuce is one of the oldest known \_\_\_\_\_
10. \_\_\_\_\_ is a great lettuce choice for your salad



5 A Day Tip: Baby lettuces are a fun snack for kids.



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## 5 A Day Crossword Puzzle Solutions

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<b>ACROSS</b>		<b>S E R V I N G</b>												
1. 1 cup of lettuce equals 1 _____ of your 5 A Day	11	A	12	E	13	R	14	L	15	G	16	O		
15. Americans eat about 50 pounds of lettuce each _____	17	A	18	Y	19	E	20	A	21	R	22	M		
27. Darker green lettuces are the most nutritious _____	23	D	24	T	25	A	26	I	27	N	28	S		
33. Romaine lettuce was popular in ancient _____	29	R	30	O	31	M	32	E	33	S	34	S		
<b>DOWN</b>														
1. Lettuce is the start of a great _____	1	S	2	E	3	R	4	V	5	I	6	N	7	G
4. Lettuce is one of the oldest known _____	8	L	9	E	10	T	11	S	12	13	14	15	16	17
10. _____ is a great lettuce choice for your salad	18	R	19	O	20	M	21	A	22	I	23	N	24	S

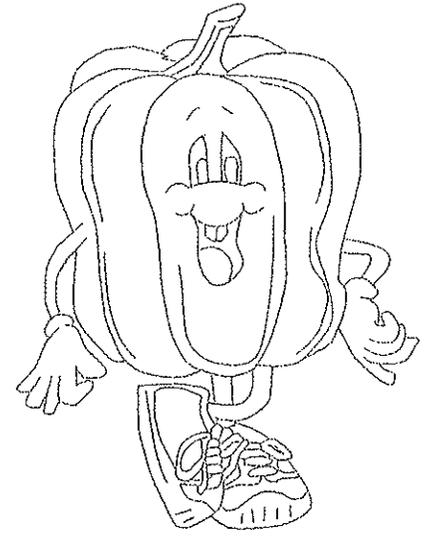
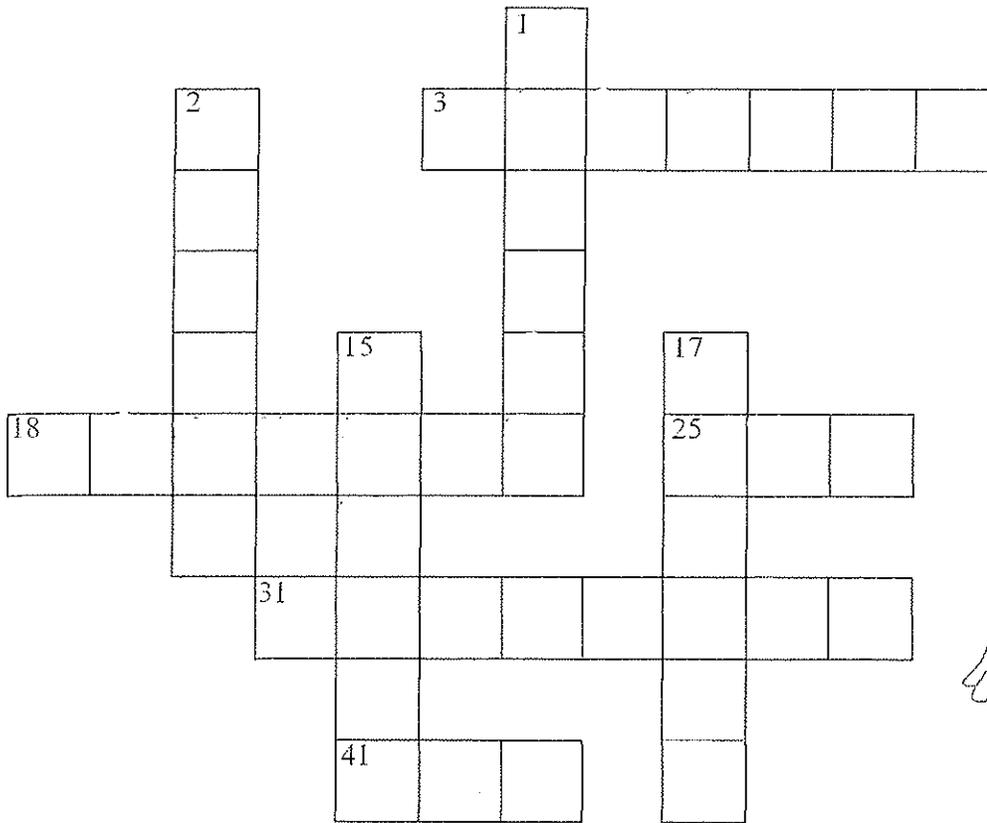
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# PEPPERS Crossword Fun



## Across

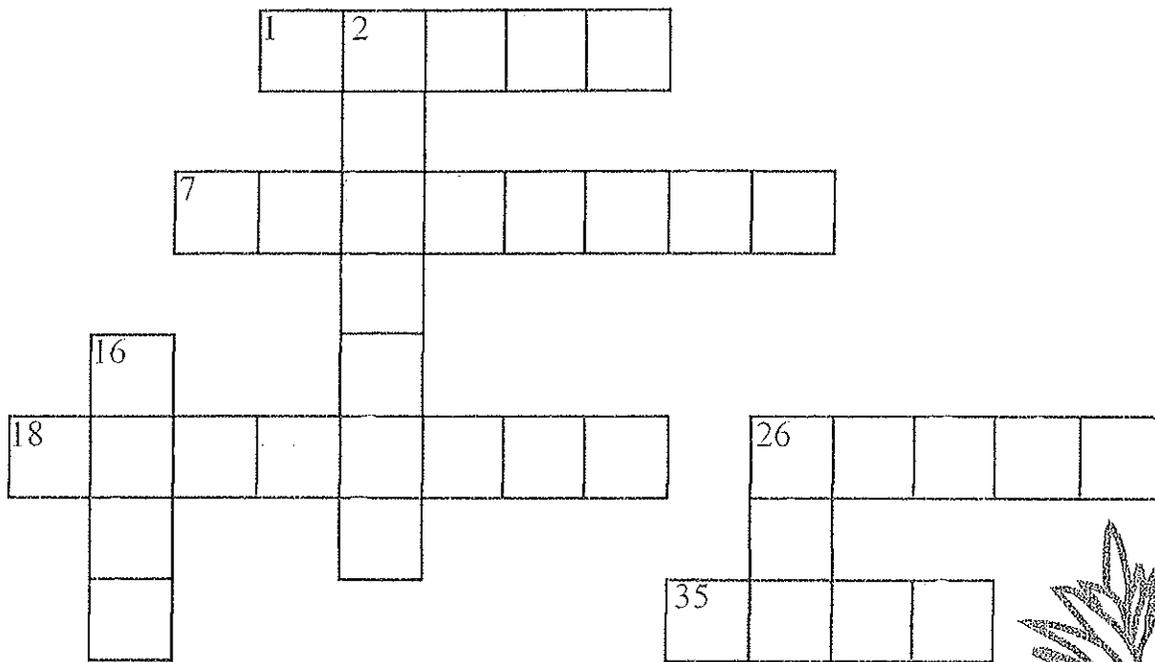
3. Most peppers grown in US come from \_\_\_\_\_
18. Most \_\_\_\_\_ are sold when they are green
25. Peppers turn from green to \_\_\_ when left on the vine
31. Green and red peppers are high in \_\_\_\_\_
41. \_\_\_ pepper equals one serving of your 5 A Day

## Down

1. Peppers grow on bushy \_\_\_\_\_ that can be 2 - 4 feet tall
2. Christopher Columbus took peppers back to \_\_\_\_\_ from the New World
15. Most peppers shipped to US come from \_\_\_\_\_
17. Peppers are actually \_\_\_\_\_ which form on the plant after it flowers



# Pineapple Crossword Fun

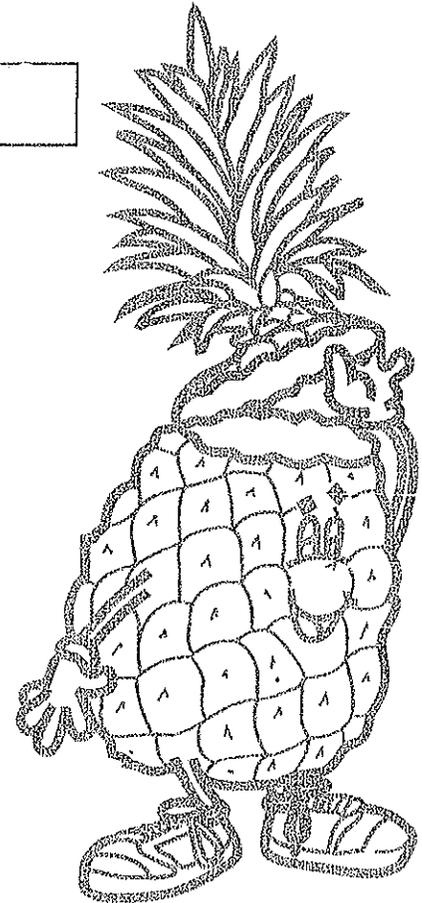


## Across

1. Fresh pineapple is \_\_\_\_\_
7. \_\_\_\_\_ found pineapples growing in Guadeloupe
18. Fresh pineapple is high in \_\_\_\_\_
26. You'll love the \_\_\_\_\_ of pineapples
35. Jim \_\_\_\_\_ founded the Hawaiian Pineapple Company

## Down

2. Pineapple is a symbol of \_\_\_\_\_
16. The Spanish Explorers thought pineapple looked like a pine cone, so they called it \_\_\_\_\_
26. \_\_\_\_\_ slices of pineapple count as 1 serving





5 A Day Tip: Easy, healthy are a fun snack to eat!



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**PINEAPPLE Crossword Puzzle**

**ACROSS**

1. Fresh Pineapple is \_\_\_\_\_.
7. Who found pineapples growing in Guadeloupe?
16. Fresh pineapple is high in \_\_\_\_\_.
26. You'll love the \_\_\_\_\_ of pineapples.
35. Jim \_\_\_\_\_ founded the Hawaiian Pineapple Company.

**DOWN**

2. Pineapple is a symbol of \_\_\_\_\_.
16. The Spanish explorers thought pineapples looked like a pine cone, so they called them \_\_\_\_\_.
26. \_\_\_\_\_ slices of pineapple count as 1 serving.

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