

# Keeping healthy



## Kiwi smoothie – 1 glas

- 3 kiwis
- 1 handful spinach
- 1 lime
- 1 deciliter yoghurt (vanilla or neutral)
- ½ deciliter fresh orange juice
- 1 or 2 ice cubes (optional)

Put all ingredients in a mixer and mix until smooth.

**Across**

3 H2O is the chemical symbol for \_\_\_\_\_

9 This is high in fiber and taste great with milk and raisins for breakfast

10 Veggie is short for \_\_\_\_\_

13 The tomato is not a vegetable, instead it is a \_\_\_\_\_

A drink that is the color of the grains group

15 High fiber foods (fruits and veggies) make your stomach feel \_\_\_\_\_

**Down**

1 Bread's main ingredient

2 Spaghetti and penne are types of \_\_\_\_\_

4 Red and delicious is my favorite type of \_\_\_\_\_

5 Cherrios and Kix have this; same goes for whole wheat bread.

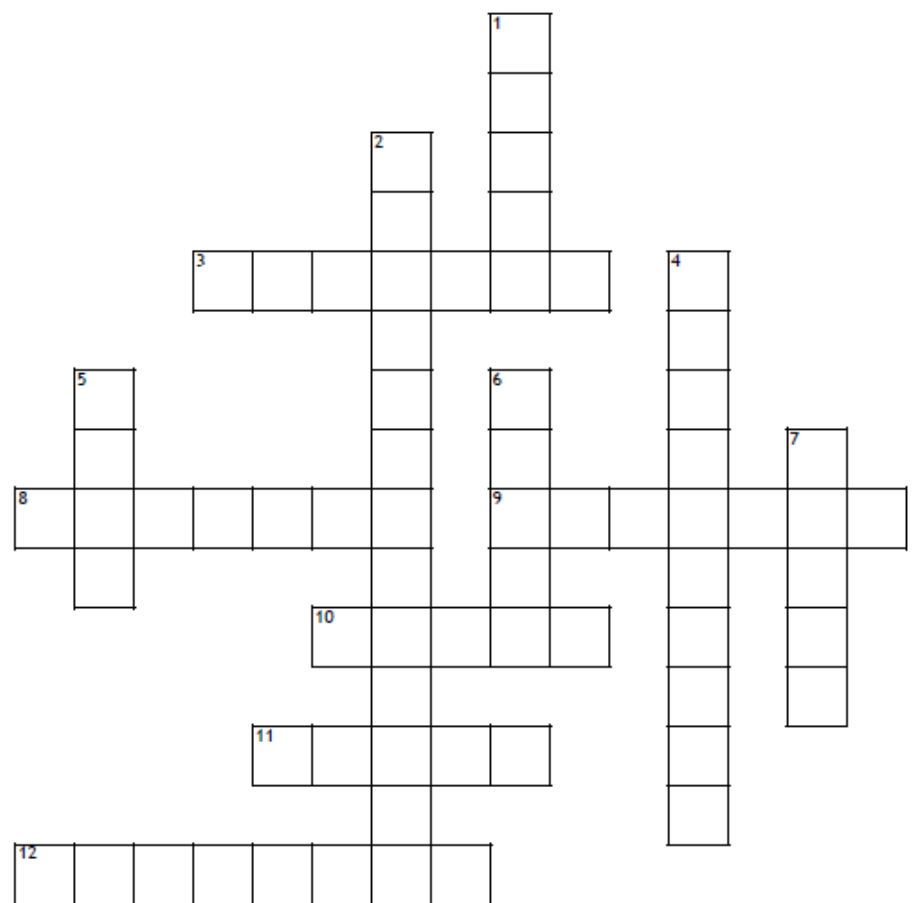
6 Chef \_\_\_\_\_

7 Chicken, rice and \_\_\_\_\_ make a great taco; They are high in fiber too.

8 A sandwich needs two pieces of whole grain \_\_\_\_\_

11 What do most kids eat for breakfast?

12 Oatmeal and beans are high in \_\_\_\_\_



## Down

- one of your five a day
- starches found in fruit and veg
- they grow in the ground
- eating healthily
- gala or granny smith
- fruit and .....

## Across

- they are orange
- eating your fruit and veg will make you this
- found in meat, fish and eggs
- colour of vegetables
- you drink it
- running, sports and walking, etc.

