

BIG-SKY

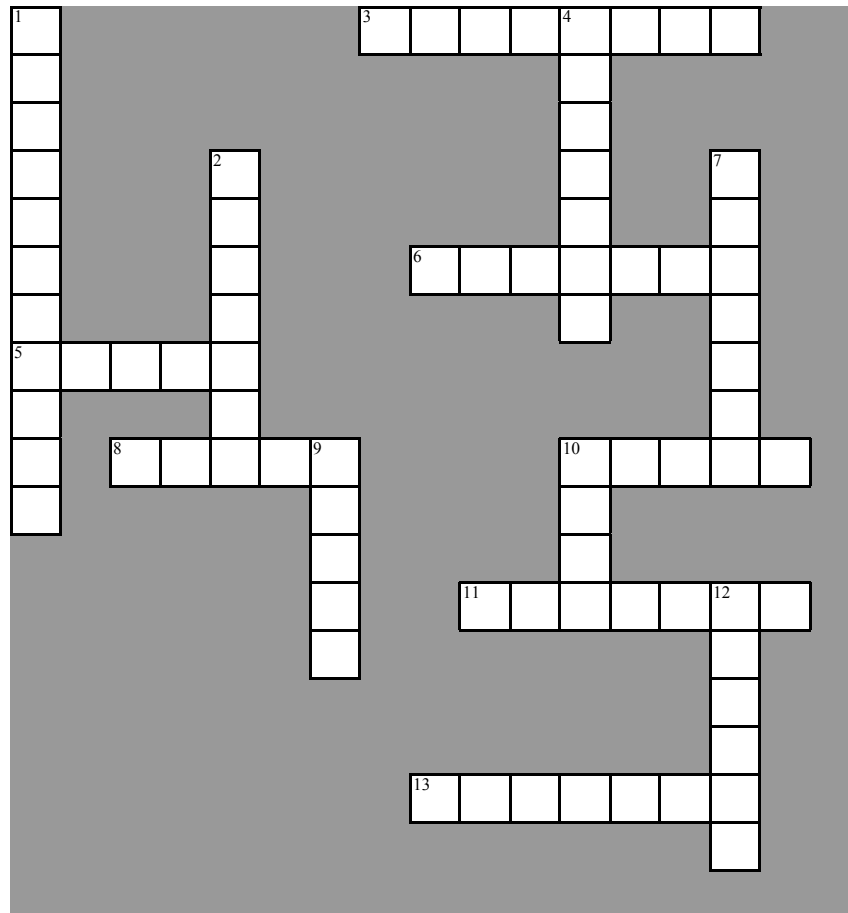


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Extreme Crossword Puzzle, Very tough



ACROSS

3. One of these nutrients, C, is found in oranges
5. One of this fruit a day will help keep the doctor away
6. Vitamins and _____ help your body work properly
8. You should wash these before eating
10. Whole grain crackers are a good source of _____ and pair well with 12 Down
11. Don't eat too much or too little...this is known as _____
13. Small dried grapes that are a favorite snack of kids

DOWN

1. A 3-D shaped eating and nutritional guide
2. This nutrient, most often consumed by eating meat, helps to build muscle
4. Tropical fruit that are yellow-orange inside and have a large, flat seeds
7. A unit of food energy
9. A small amount of food between meals
10. Foods high in 10 across help keep your stomach feeling _____
12. Cheddar _____ is rich in calcium

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