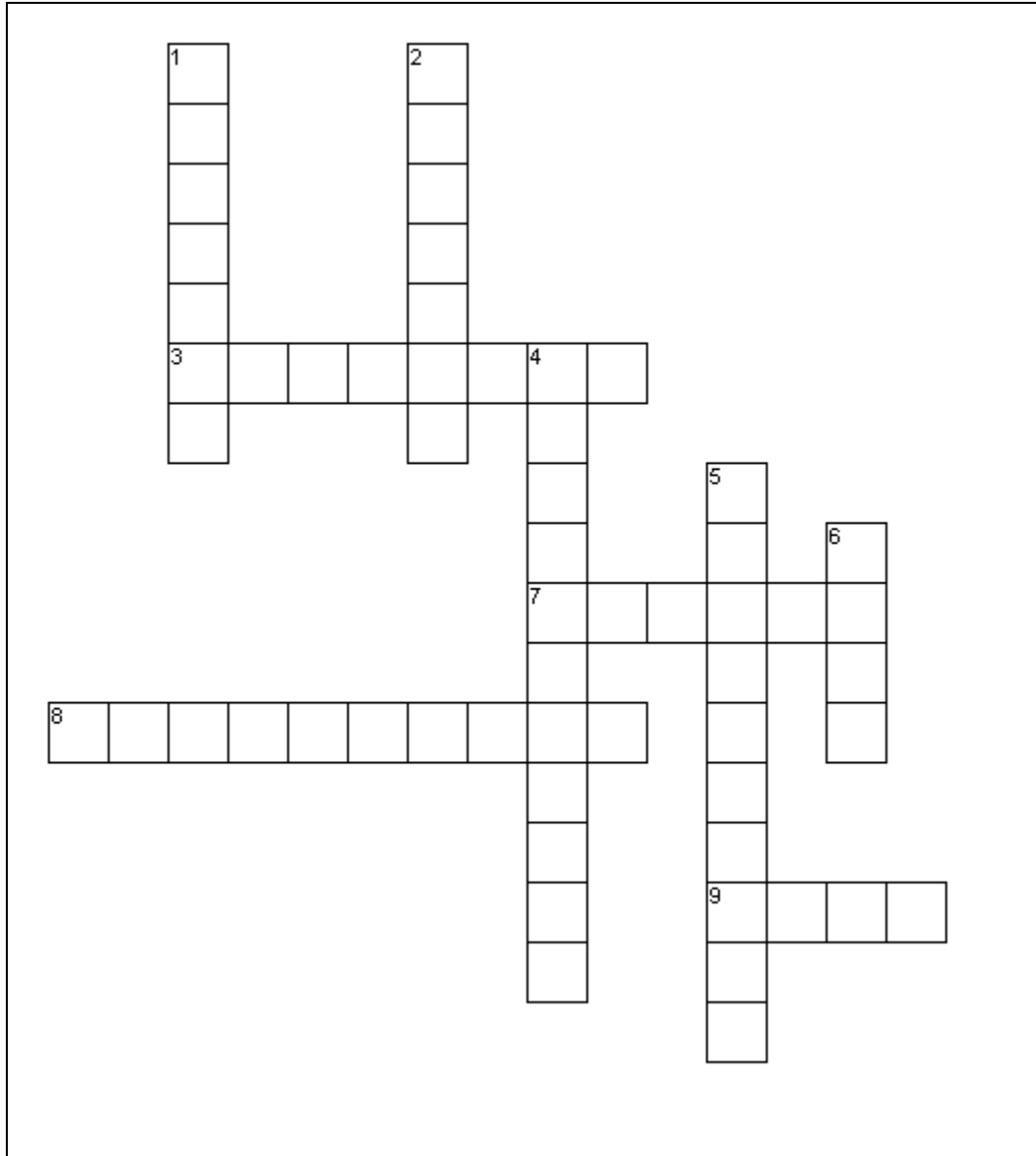


## Body Walk - Fruit & Veggie Food Knowledge Crossword



### **ACROSS**

3. You must do this 3 to 5 times a week to stay healthy
7. This fruit is red in color and is sometimes thought to be a vegetable. It is a source of Vitamin B9 (Folate)

8. This melon is popular in President Bill Clinton's home town and is a source of Vitamin B6 (Pryidoxine)
9. This is the chief product produced in Stuttgart, Arkansas and it is a source of Thiamin (Vitamin B1)

**DOWN**

1. People usually can these fruits and they are a good source of Niacin (Vitamin B3).
2. This vegetable is green in color and it is a source of Vitamin K.
4. This vegetable is used to make pies at Thanksgiving and is a source of Vitamin B5 (Pantothenic acid).
5. This berry is used to make cobbler and is a source of Vitamin A.
6. You have to shuck this vegetable and it is also a source of Vitamin C.

Created by Fredrick Love for the Amazing Arkansas Curriculum, University of Arkansas Cooperative Extension Service. August 2004.

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