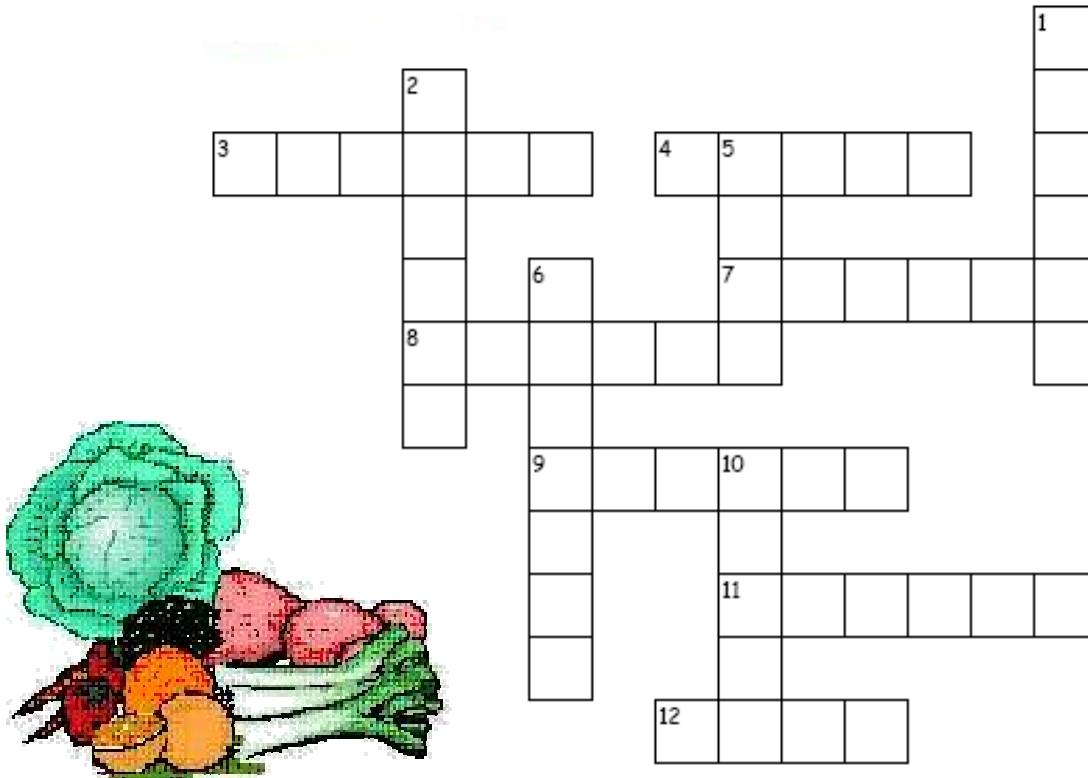


Sea and Learn – Healthy Food Crossword

Answer the clues in the squares below. All the answers are a type of healthy food.



ACROSS

- 3** Red and round, often mistaken as a vegetable
- 4** Used for making sandwiches, can be brown or white
- 7** A dairy product, which can be smelly!
- 8** Good source of vitamin C – its name is the same as its colour
- 9** Yellow, slightly curved fruit, full of energy
- 11** Can be cooked in lots of different ways – boiled, baked, roasted, fried.
- 12** Related to the onion, it is quite long, white and green. The National Emblem for Wales

DOWN

- 1** They grow on vines, bought in bunches, usually green or black
- 2** Orange vegetable – good for seeing in the dark!
- 5** Small grains – can be brown or white
- 6** Green with wrinkly leaves, always a school dinner favourite!
- 10** Can be green or red, nice and crisp