



Across

- "One serving of fruit" is approximately equivalent to _____ bowl of fruit cuts/mini-sized fruit (e.g. watermelon cubes, honeydew melon cubes, cherries, strawberries and grapes).
- Mandarins are popular in the _____ months.
- According to the "Healthy Eating Food Pyramid", we should eat at least _____ servings of fruit every day.
- Fruit is rich in healthful nutrients such as dietary fibre, _____ and vitamins.
- Fruit is high in dietary _____ that helps stabilize blood sugar and prevent constipation.
- Fruits and vegetables belong to the _____ floor of the "Healthy Eating Food Pyramid".

Down

- Banana should not be stored in _____ because low temperature will cause chilling injury to the fruit.
- Eating more fruits and vegetables could significantly reduce the risk of many _____ diseases.
- Watermelon contains up to 90% of _____ and hence an excellent thirst-quencher.
- Durian is also known as the " _____ of Fruits".

Student Name: _____

Class: _____

