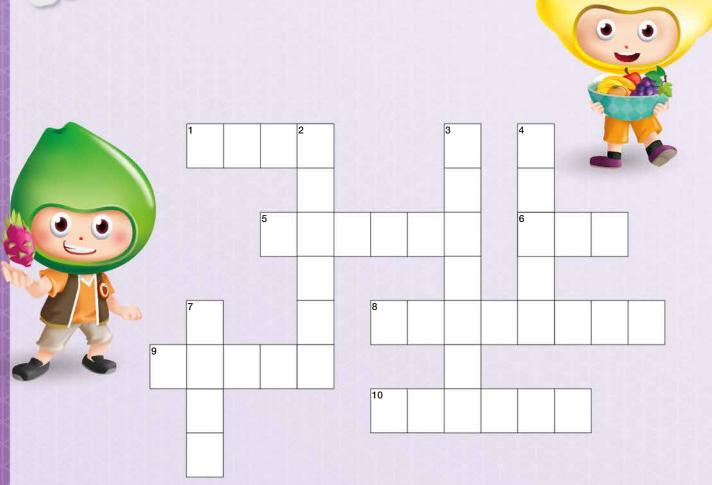


Puzzle 4



Across

- 1. "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).
- 5. Mandarins are popular in the _____ months.
- 6. According to the "Healthy Eating Food Pyramid", we should eat at least _____ servings of fruit every day.
- 8. Fruit is rich in healthful nutrients such as dietary fibre, _____ and vitamins.
- 9. Fruit is high in dietary _____ that helps stabilize blood sugar and prevent constipation.
- 10. Fruits and vegetables belong to the _____ floor of the "Healthy Eating Food Pyramid".

Down

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

Student Name:		
Class:	 	



