

Food and Nutrition

Crossword

Across

2. You can't make a sandwich without this!
4. This 'sometimes' food is often served with hamburgers.
5. Humans & plants need to drink plenty of this to keep healthy.

Down

1. Carrots, broccoli, spinach and corn are all _____.
3. This nutritious drink helps keep our bones strong.
4. At school, some teachers encourage students to eat fruit and vegetables during _____ & Sip. We also hear this sound when we eat an apple!

