

Crossword Puzzle

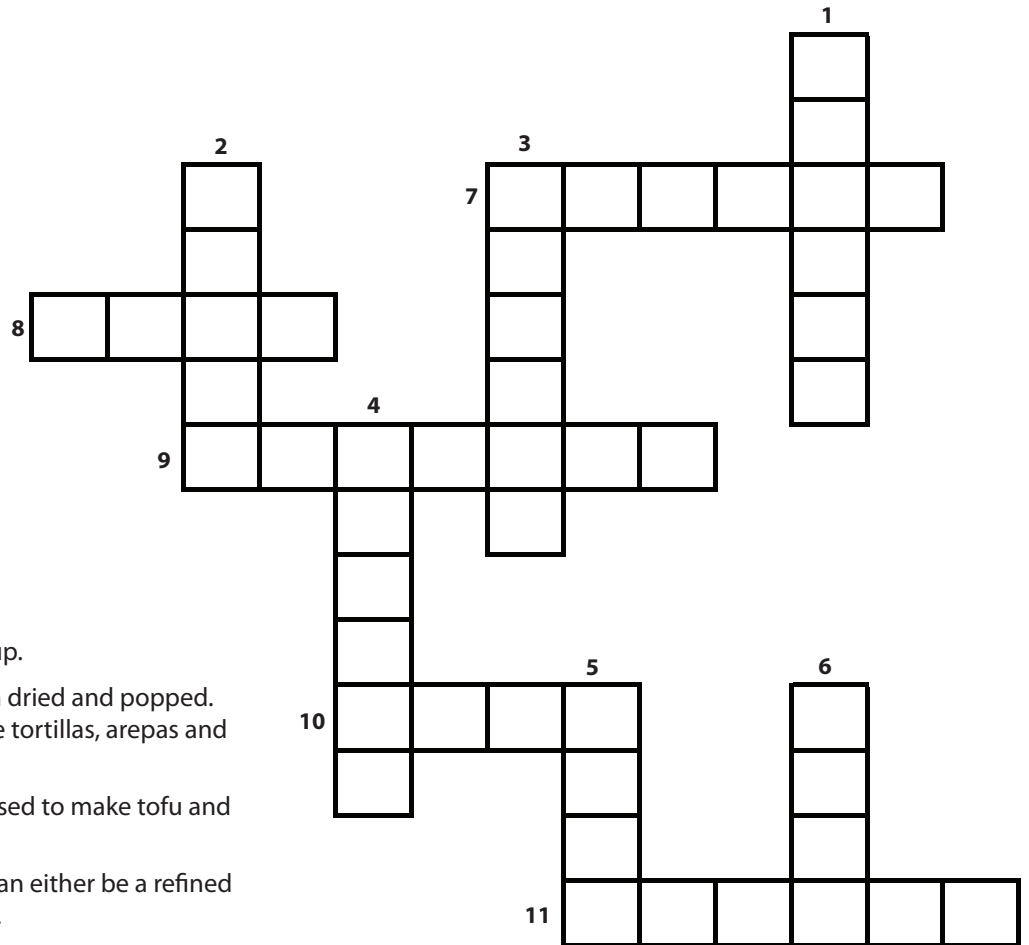


Down

1. Changing from green to yellow as it ripens, this fruit comes in its own easy to remove, natural wrapper.
2. These are examples of _____ which can be used to flavor food: cilantro, parsley, mint, chives.
3. Raisins are the result of dehydrating or drying _____.
4. This dairy product comes in a variety of flavors and may contain "good bacteria". It can be eaten plain, with fruits or vegetables, and even made into dips.
5. This breakfast classic often accompanies other dishes like toast, pancakes, sausage, and bacon.
6. This green vegetable is a common ingredient in gumbo and jambalaya. It can be grilled, roasted, fried, sauteed, or added to soups and stews.

Across

7. When using MyPlate: tortillas, naan, and pita all belong to the _____ Group.
8. This vegetable can be eaten off the cobb and makes a popular snack when dried and popped. It can also be dried and ground into flour, which is used to make foods like tortillas, arepas and some breads.
9. Sometimes called edamame, this bean can be eaten steamed and is also used to make tofu and tempeh.
10. This grain is a mealtime staple for many people all over the world, and it can either be a refined grain or a whole grain depending on whether it is white or brown in color.
11. Pumpkin, butternut, acorn, spaghetti, kabocha, and turban are all types of winter _____.



Crossword Puzzle

Solution:

