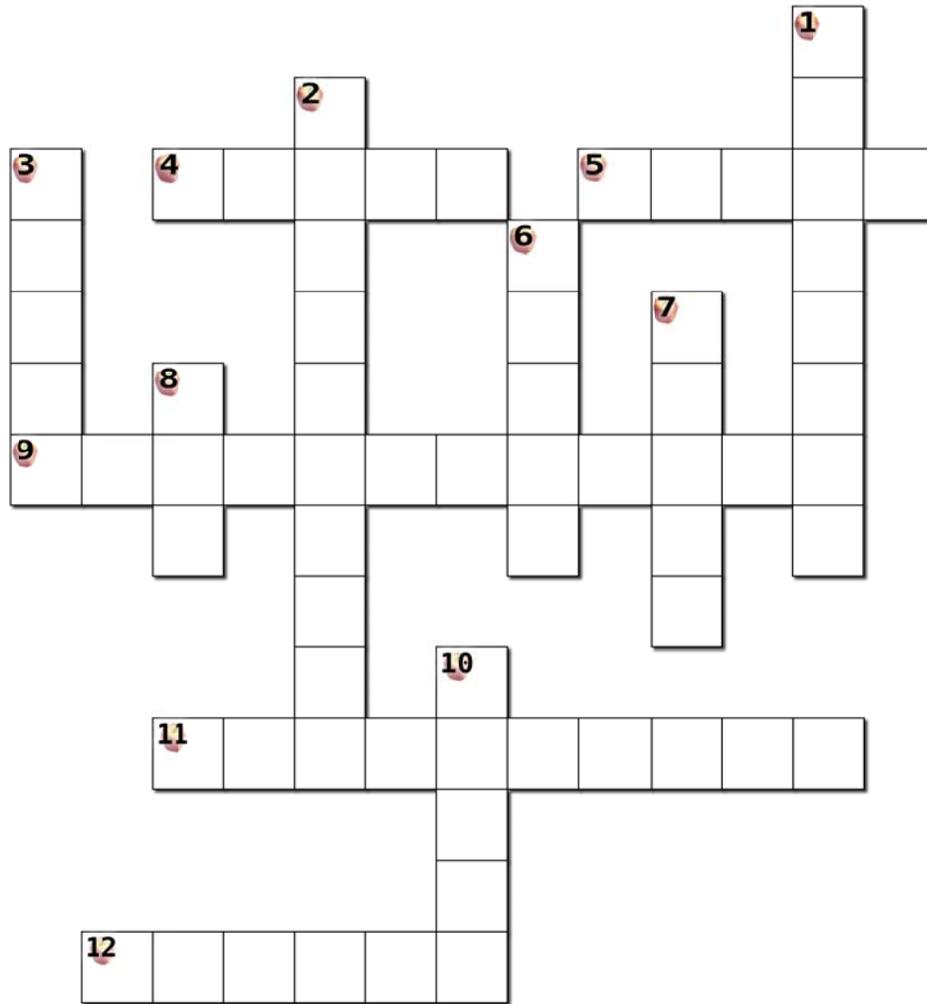


Nutrition In Every Bite



Across

4. Apples come in yellow, red and _____.
5. An _____ a day keeps the doctor away.
9. A disease apples may help prevent. (2 words)
11. The state that grows the most apples.
12. Research says apples may help prevent this disease.

Down

1. One medium apple is 80.
2. If cutting back on calories, apples are good for _____. (2 words)
3. Because apples are portable, kids can carry them in their school _____.
6. Apples act as nature's tooth _____ after a meal.
7. Because apples may help memory, they are good for your _____.
8. Apples have none!
10. Apples contain roughage, also known as _____.

Word Bank

FIBER, WASHINGTON, CALORIES, BRUSH, FAT, LUNCH, BRAIN, APPLE, HEART DISEASE, WEIGHT LOSS, CANCER, GREEN