

The Family Bakers  
**Brennans**  
TODAY'S BREAD TODAY

# HEALTHY HEROES!

LUNCH CLUB

# HEALTHY HEROES CROSSWORD PUZZLE



## ACROSS

5. This fruit can take over 2 years to grow.
7. This type of food is high in fibre and antioxidants.
8. You eat this meal in the middle of the day.
10. This company provides more than 40 varieties of bread, all of which help contribute to a healthy, balanced diet.
12. This is the word for the inner part of the bread which is encased in the crust.
13. A \_\_\_ lunch can be divided into 4 main food groups.

## DOWN

1. Oranges are very high in \_\_\_ C.
2. Running, jumping and skipping are great ways for you to stay \_\_\_.
3. This fruit can have over 1,000 seeds inside.
4. Food and products made from milk are called \_\_\_ products.
5. Every single cell in the human body is partly made up of \_\_\_.
6. Fill this with lots of healthy food to help you have energy to get through your day at school.
9. This type of food provides important nutrients for healthy hair and skin.
11. This was once used as a type of currency in Egypt.

