



## The BIG CRUNCH 2019 Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | E | V | Y | H | T | L | A | E | H | R | S | U | S | S |
| X | E | Q | E | S | F | F | Q | J | Q | G | T | E | B | V |
| G | R | T | E | G | M | R | M | G | E | P | N | T | E | T |
| X | X | C | A | S | E | I | E | Y | R | E | A | O | Y | U |
| Y | I | B | O | R | R | T | T | D | T | P | D | R | E | O |
| B | H | G | J | E | D | V | A | O | D | M | I | R | H | H |
| K | G | C | P | U | U | Y | R | B | E | E | X | A | B | L |
| V | D | O | N | D | D | A | H | D | L | G | O | C | I | B |
| T | I | M | E | U | C | X | Y | O | Y | E | I | R | E | W |
| X | R | F | U | A | R | Z | I | I | B | M | T | X | N | Q |
| L | J | W | T | M | C | C | Y | V | I | R | N | K | N | T |
| I | J | E | Z | E | X | M | P | X | G | Z | A | K | I | N |
| O | B | B | K | F | X | A | W | B | C | M | B | C | A | N |
| S | O | L | U | B | L | E | F | I | B | R | E | H | L | I |
| C | T | V | J | K | S | H | Z | W | S | N | Y | F | F | O |

### Word List (find the words in **bold**):

**Antioxidants** – Carrots have many of these nutrients that keep you healthy and strong!

**Beta Carotene** – Compound that gives carrots their orange colour

**Biennial** – The type of plant carrots are, which means they take 2 years to completely grow

**Carbohydrates** – Carrots have some of these nutrients which give us energy

**Carrot** – The star vegetable of the BIG CRUNCH!

**Crunchy** – Texture of carrots and other hard vegetables

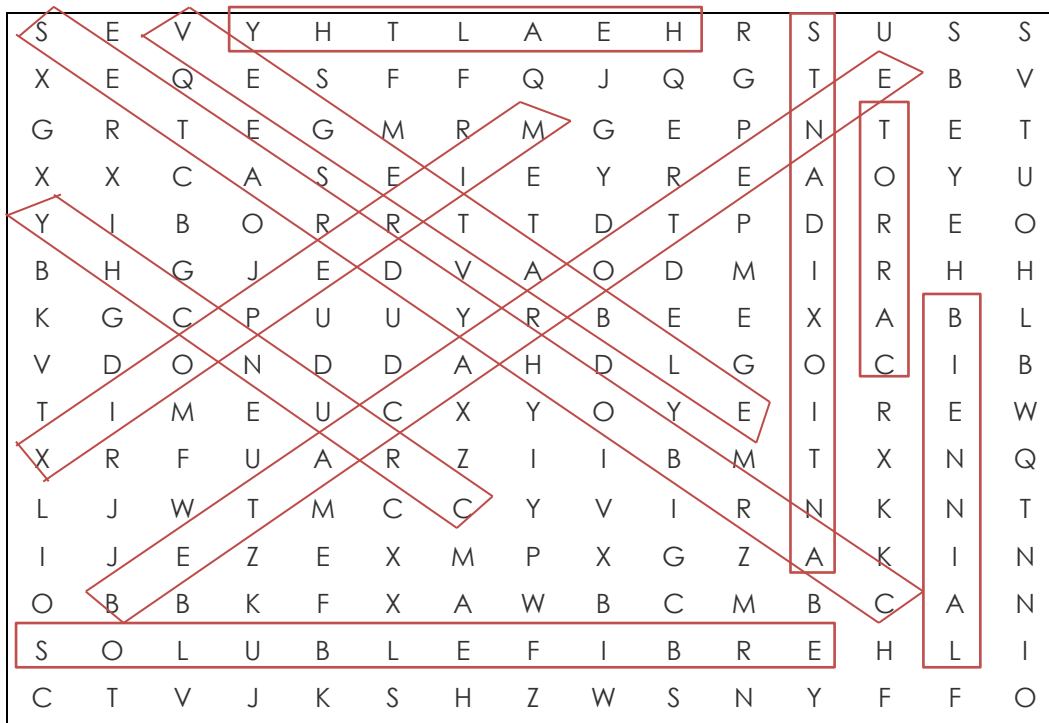
**Healthy** – Eat carrots often and feel the health benefits

**Mirepoix** – Made up of carrots, onions and celery which are often used together to make soups and stews

**Soluble Fibre** – The type of fibre found in carrots that helps us feel full

**Vegetable** – Carrots belong to this food group

## The Big Crunch 2019 Word Search – Answer Key



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