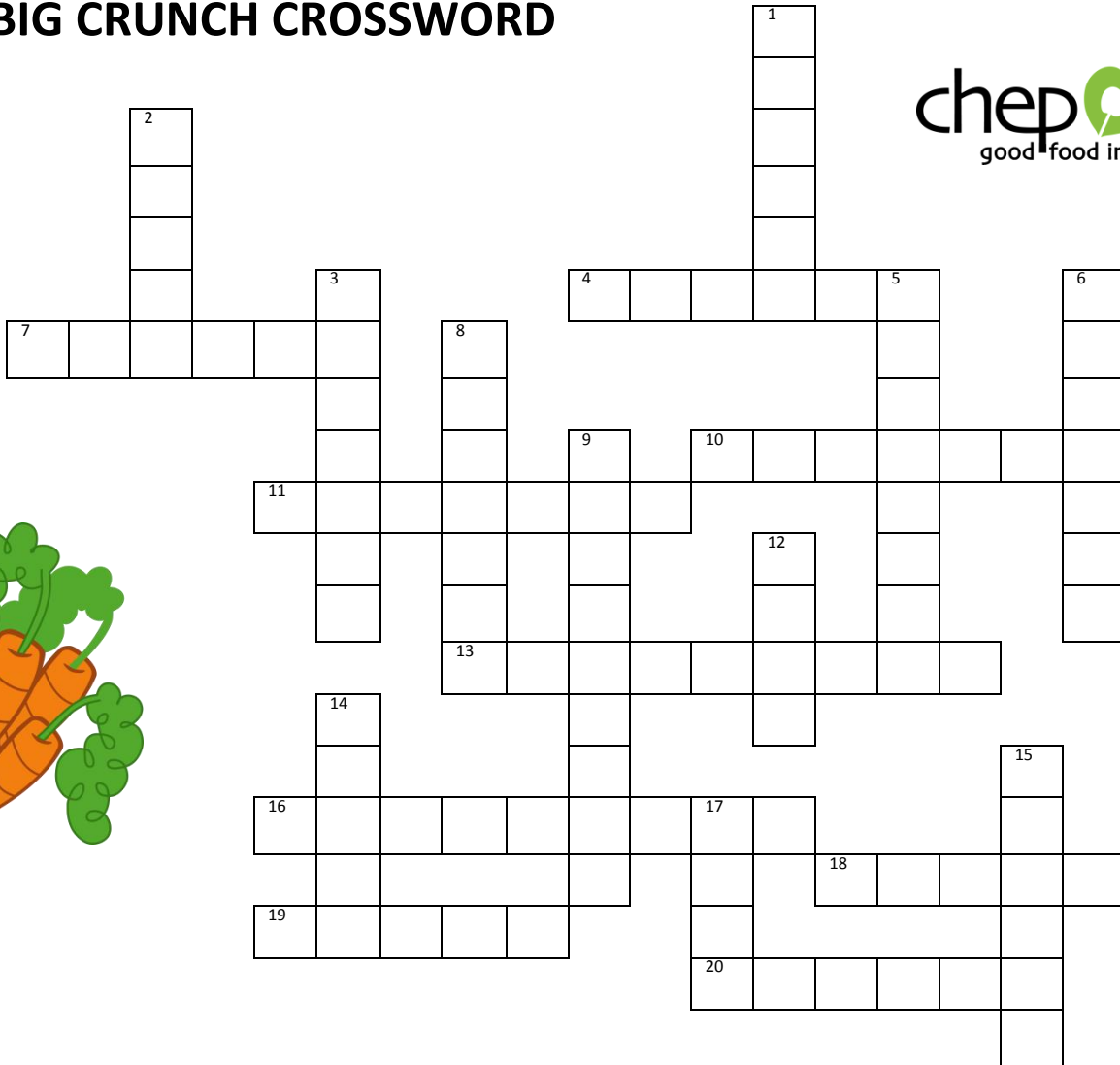
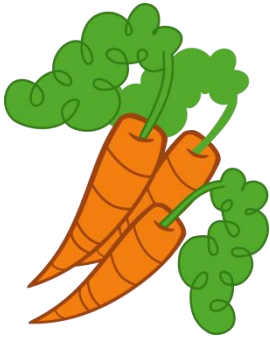
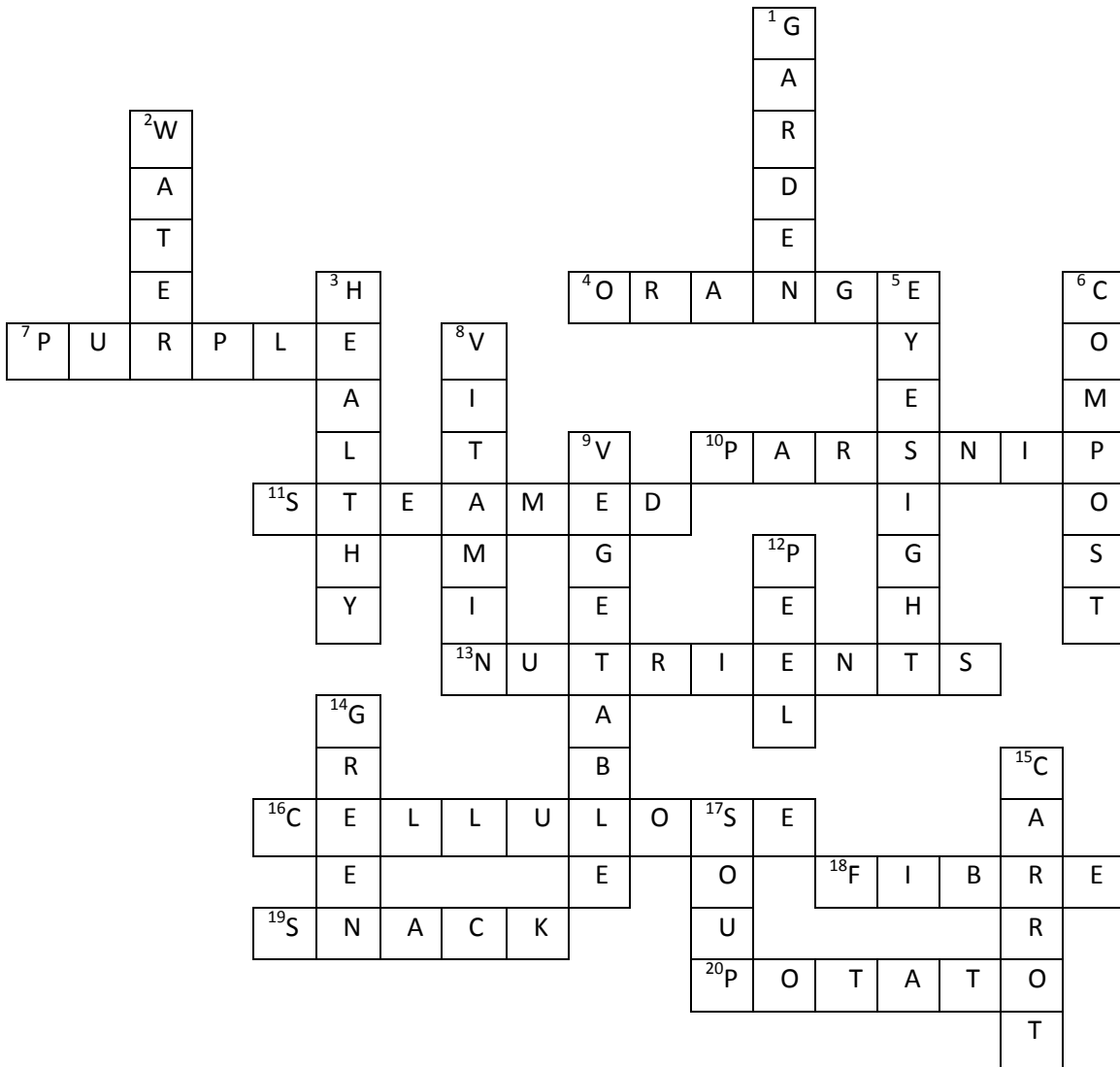


BIG CRUNCH CROSSWORD



Across	Down
4. If you eat too many carrots, you may turn this colour	1. Where carrots can be grown in the backyard
7. Aside from orange, carrots can also be this colour	2. Carrots are mostly _____, carbohydrates and fibre
10. Vegetable that looks like a large, white carrot	3. Fruits and vegetables are part of a _____ diet
11. _____ carrots are made by adding heat and water	5. Eating lots of carrots improves our _____
13. Carrots contain many of these, mostly called vitamins and minerals	6. Where we put carrot peels and tops for disposal
16. Type of soluble fibre found in carrots	8. Carrots are a good source of _____ A
18. Carrots contain _____ which helps us feel fuller longer	9. Carrots are a root _____
19. Carrots are a good _____ to have after school	12. What do we do to the outside of the carrot before we eat it?
20. This vegetable is often added to soups and stews along with carrots	14. Colour of leafy carrot tops
	15. Vegetable that makes a BIG CRUNCH when you eat it
	17. Make this warm liquid dish by adding celery, onion and carrots to start

BIG CRUNCH CROSSWORD – answer key



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	15. Vegetable that makes a BIG CRUNCH when you eat it

