



Crossword puzzle

Vegetables are an essential part of a healthy diet because they provide many vitamins and minerals such as potassium, fiber and vitamins A, C and E. People who eat vegetables as part of a healthy diet are less likely to develop conditions such as stroke, coronary heart disease, high blood pressure, type 2 diabetes, bone loss, and cancers of the mouth, stomach, and colon. In addition, these foods may reduce the risk of developing kidney stones.

Find out as many kinds of vegetables as you can. The names can be in the vertical, horizontal or diagonal direction.

s	t	r	a	w	c	h	i	c	h	i	l	i	g	r	a	p	e
n	j	l	p	o	r	v	a	n	e	g	g	n	d	s	e	l	l
c	i	v	i	l	o	e	g	g	p	l	a	n	t	p	a	u	l
c	a	r	r	o	t	g	a	t	e	e	e	a	r	r	a	i	n
s	i	s	n	o	e	e	a	r	t	m	o	r	v	i	m	n	i
p	r	i	o	f	a	t	a	r	o	o	r	a	y	n	d	k	g
i	o	c	i	a	c	a	r	m	l	n	c	d	i	g	s	i	h
n	c	e	t	h	h	b	a	n	a	n	a	s	p	u	c	a	t
a	p	b	m	a	e	l	e	t	t	u	c	e	o	o	a	i	d
c	u	c	u	m	b	e	r	a	w	o	a	t	t	n	r	a	r
h	m	u	s	h	r	o	o	m	r	o	b	a	a	i	r	i	e
c	p	i	t	m	t	u	r	n	i	p	b	r	t	o	i	o	s
a	k	g	a	r	l	i	c	t	o	m	a	t	o	n	a	i	s
t	i	a	r	w	a	p	p	l	e	e	g	a	r	a	g	e	t
s	n	p	d	e	s	k	c	w	a	t	e	r	c	r	e	s	s

s	n	p	d	e	s	k	c	w	a	t	e	r	c	r	e	s	s
t	i	a	r	w	a	p	p	l	e	e	g	a	r	a	g	e	t
a	k	g	a	r	l	i	c	t	o	m	a	t	o	n	a	i	s
c	p	i	t	m	t	u	r	n	i	p	b	r	t	o	i	o	s
h	m	u	s	h	r	o	o	m	r	o	b	a	a	i	r	i	e
c	u	c	u	m	b	e	r	a	w	o	a	t	t	n	r	a	r
a	p	b	m	a	e	l	e	t	t	u	c	e	o	o	a	i	d
n	c	e	t	h	h	b	a	n	a	n	a	s	p	u	c	a	t
i	o	c	i	a	c	a	r	m	l	n	c	d	i	g	s	i	h
p	r	i	o	f	a	t	a	r	o	o	r	a	y	n	d	k	g
s	i	s	n	o	e	e	a	r	t	m	o	r	v	i	m	n	i
c	a	r	r	o	t	g	a	t	e	e	e	a	r	r	a	i	n
c	i	v	i	l	o	e	g	g	p	l	a	n	t	p	a	u	l
n	j	l	p	o	r	v	a	n	e	g	g	n	d	s	e	l	l
s	t	r	a	w	c	h	i	c	h	i	l	i	g	r	a	p	e

- Across: chill, eggplant, carrot, taro, lettuce,
- cucumber, mushroom, turnip, garlic, tomato,
- watercress
- Down: spinach, pumpkin, mustard, loofah, cabbage,
- potato, spring onion
- Diagonal: celery, onion, corn