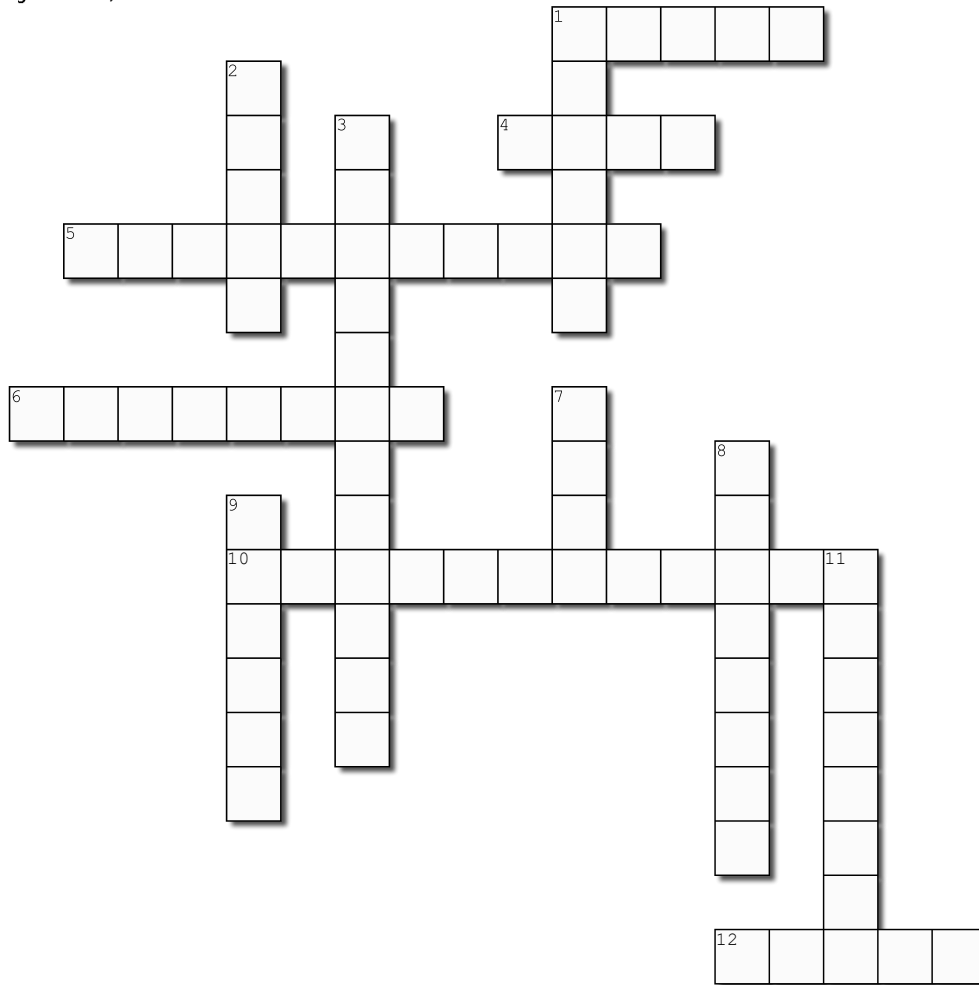


Benefits of Berries

Complete the crossword puzzle below. Good luck and have fun!



Created using the Crossword Maker on TheTeachersCorner.net

Across

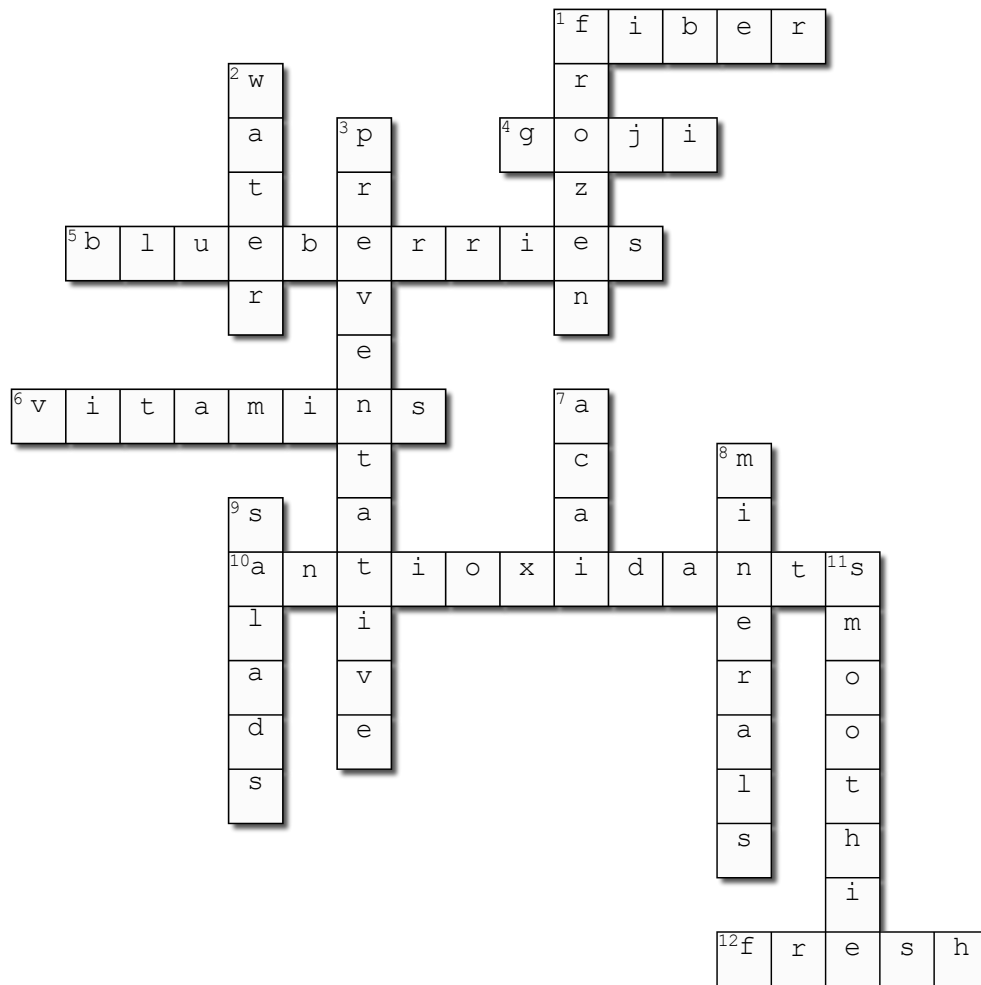
1. The skins and small seeds of berries are high in _____ and help to control blood sugar levels.
4. These berries taste good dried or fresh and are packed with vitamins and healthy fatty acids.
5. _____ are known for improving eye, brain, and heart health.
6. Berries provide a lot of that help heal your body and booster your immune system.
10. These offer protection against cell damage.
12. Getting berries can eliminate any chemicals that may have been sprayed on them.

Down

1. _____ and fresh berries have almost the same nutritional value!
2. Other than smoothies this is by far the best liquid to consume and makes up a large percent of our bodies!
3. Berries are known for their qualities against some cancers as well as chronic and degenerative diseases.
7. These berries may look a little like blueberries, but really, they are 80 seeds
8. keep your bones, muscles, heart, and brain working properly.
9. Adding berries to _____ is a great way to add color and flavor, you may not even need to use dressing!
11. Blending up berries with yogurt and milk make a delicious, healthy _____.

Benefits of Berries

Complete the crossword puzzle below. Good luck and have fun!



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Across

1. The skins and small seeds of berries are high in _____ and help to control blood sugar levels. (**fiber**)
4. These berries taste good dried or fresh and are packed with vitamins and healthy fatty acids. (**goji**)
5. _____ are known for improving eye, brain, and heart health. (**blueberries**)
6. Berries provide a lot of that help heal your body and booster your immune system. (**vitamins**)
10. These offer protection against cell damage. (**antioxidants**)
12. Getting berries can eliminate any chemicals that may have been sprayed on them. (**fresh**)

Down

1. _____ and fresh berries have almost the same nutritional value! (**frozen**)
2. Other than smoothies this is by far the best liquid to consume and makes up a large percent of our bodies! (**water**)
3. Berries are known for their qualities against some cancers as well as chronic and degenerative diseases. (**preventative**)
7. These berries may look a little like blueberries, but really, they are 80 seeds (**acai**)
8. keep your bones, muscles, heart, and brain working properly. (**minerals**)
9. Adding berries to _____ is a great way to add color and flavor, you may not even need to use dressing! (**salads**)
11. Blending up berries with yogurt and milk can make a great _____ that can improve your health. (**smoothie**)