**Fruit & Veggie Crossword**

Below is a crossword with words that have to do with fruits and vegetables.

**ACROSS**

2. Important for healthy eyes; found in dark green and orange veggies
4. Dark green leaves; eaten cooked or raw in salads
5. Keeps your digestive tract healthy
7. Fruits and veggies have lots of vitamins and________ on the cob
9. Foods grown close to home
12. Crunchy snack also used in stew
16. Fruits and veggies are packed with these
17. Veggies that can be hot or sweet

**DOWN**

1. You should ______ fruits and veggies every day
2. Fruits and veggies come in a _________ of colors and shapes
3. A great place to buy fresh fruits and veggies
4. A healthy way to cook vegetables
6. Three forms of fruits and veggies: frozen, canned and________
8. Acorn, zucchini, butternut are all_______
10. Main ingredient in tossed salad
11. Juicy, used in sauces and salsa
13. Cantaloupe and honeydew are both________
14. Most popular fruit for juice
15. Can make you cry when sliced and diced

---

**Fruit & Veggie Cryptogram**

A cryptogram is a block of text that has been made unreadable through the use of a substitution code. This means that each letter used in the original text has been substituted with another letter throughout (G becomes A, F becomes P, etc.). Figure out the code to reveal a phrase about fruits and veggies!

```
KBQ CBPCFHPV SUZEQC PHL OBKKEBC PHL BWBURECB MGEVB MPVIEHK PUFZHL QGB SPUJBUC JPUIBQ.
```

**EatWellBeWell.org**