Across
3  H2O is the chemical symbol for
9  This is high in fiber and taste great with milk and raisins for breakfast
10  Veggie is short for _____
13  The tomato is not a vegetable, instead it is a ____
14  The color of the grains group
15  High fiber foods (fruits and veggies) make your stomach feel ___

Down
1  Bread’s main ingredient
2  Spaghetti and penne are types of ___
4  Red and delicious is my favorite type of ___
5  Cherrios and Kix have this; same goes for whole wheat bread.
6  Chef ___
7  Chicken, rice and ____ make a great taco; They are high in fiber too.
8  A sandwich needs two pieces of whole grain ___
11  What do most kids eat for breakfast?
12  Oatmeal and beans are high in ___