

Chef Solus Fiber Crossword Puzzle



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 _____