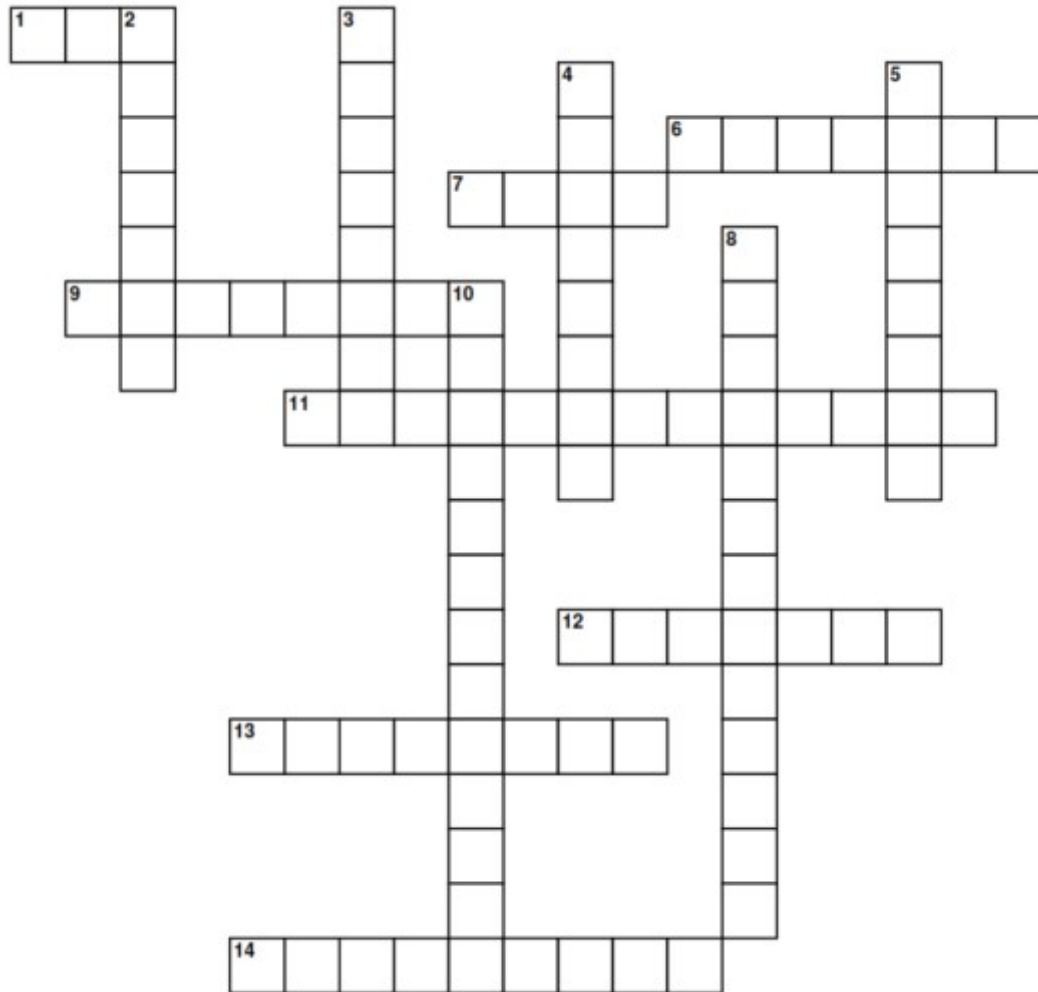


MARCH CROSSWORD PUZZLE



Across

- [1] A plant that has its DNA altered
- [6] Important for healthy bones and teeth
- [7] Provides protection and insulation
- [9] Plays a big role in supporting the immune system
- [11] Category including carbohydrates, proteins, fats
- [12] Poultry, seafood, nuts, and seeds are a good source of this
- [13] Present in dairy, fruits, and vegetables
- [14] Helps maintain a healthy blood pressure

Down

- [2] Food produced without prohibited substances
- [3] Keeps the eyes and skin healthy
- [4] Present in milk
- [5] Present in citrus fruits, tomatoes, and leafy green vegetables
- [8] Category that includes vitamins and minerals
- [10] Can be simple or complex

MARCH CROSSWORD PUZZLE - ANSWERS

