CONTEST

Complete one of these puzzles for a chance to win!

Once you have completed the Crossword or Word Jumble, cut and place the entry form in the ballot box. One entry per person. See ballot box for prize details.

CROSSWORD

JUMBLE!

Unscramble the words below and write them in the boxes provided. Then, take the letters from the circles for each word and unscramble them to find the answer below.

I R T U F

L A T E H H Y

G T B E E V L A S E

S U T I N R O T I U

What you need for your well-being!

NAME PHONE DEPARTMENT

Working TOWARD Wellness
LIVE BETTER. LIVE LONGER.

HEART HEALTH Action coeur en santé WINDSOR-ESSEX

WINDSOR-ESSEX COUNTY HEALTH UNIT Unité sanitaire de Windsor comté d'Essex

Windsor-Essex County Health Unit - Windsor . Essex . Leamington www.wechealthunit.org

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Clues to help you solve the Crossword and Jumble can be found in the *5 to TEN* HealthIssues newsletter.

ACROSS

4. These plant chemicals are found in vegetables and fruit and reduce the risk of chronic diseases.

6. Increasing your daily servings of vegetables and fruit by this much would be a good start.

7. A healthy alternative to eating fresh vegetables and fruit.

10. Eating more of the vegetables and fruit you like can help to increase your daily servings. Another option is to ____ ones you've never had before.

12. Fruit packaged this way is easy to open and makes a quick dessert or snack.

13. A phytochemical that may help to produce anti-cancer enzymes. Also found in broccoli, cauliflower, and Brussel sprouts.

14. If you are concerned about cost, your grocer can help you find cheaper vegetables and fruit of this kind.

15. This dark purple vegetable can be found in Middle Eastern cooking.

DOWN

1. Look for this to help you choose more nutritious vegetables and fruit higher in phytochemicals.

2. The minimum number of servings of vegetables and fruit according to Canada's Food Guide to Healthy Eating.

3. A ___ cup is generally one serving of raw, cooked, or canned vegetables or fruit.

5. A diet rich in vegetables and fruit helps us reach and keep this kind of body weight.

7. Having _____ with food is one way to get kids to eat more vegetables and fruit.

8. Food grown this way, while not necessarily healthier, is produced without chemicals, pesticides, irradiation, or genetic modification.

9. Important for all of us, especially older adults, pears, peas, berries, and acorn squash are good sources of this.

11. This large, round, orange fruit is particularly high in nutrients.