

# Chef Solus Fiber Crossword Puzzle



## Across

- 3 H<sub>2</sub>O 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 \_\_\_\_\_
- A drink that is 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 \_\_\_\_\_