

FOR KIDS

CROSSWORD
PUZZLE BOOK

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Chef Solus Fruit and Veggies Crossword Puzzle

Across

- 4 The opposite of a sour potato
- 8 The outside of this melon looks like a web
- 12 Tomatoes, cucumbers and lettuce make a nice ____
- 13 This vegetable looks like a mini tree
- 15 Dip the leaves in butter and enjoy the heart of an ____

Down

- 1 This is a fuzzy stone fruit
- 2 This is a side dish at Thanksgiving
- 3 A palm tree grows these
- 5 One popular big squash at Halloween
- 6 This tropical fruit has a big seed in the middle.
- 7 This looks like an orange but is smaller
- 9 Monkeys love them
- 10 Dip these into Ranch dressing
- 11 Dried grapes are called ____
- 14 This vegetable has ears (think of cob)



Christmas Decorating

ACROSS

- Used to wrap a present
- Decoration for a banister
- Striped and sweet
- Used to open a walnut
- Door decoration
- Many times these are strung together
- Glitter for the tree

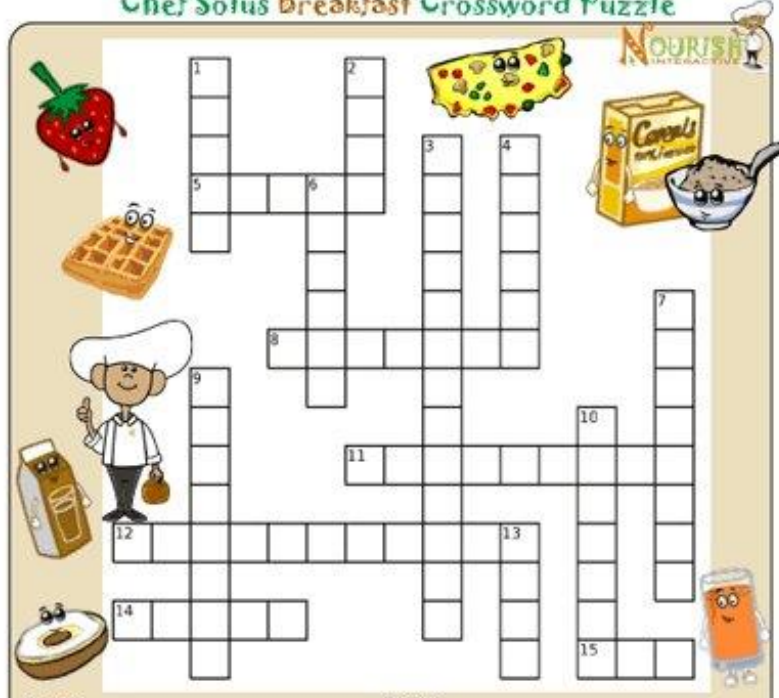


DOWN

- Decorative spheres
- Another word for decorations
- Christmas tree fruit
- Might light the dinner table
- Place where greetings are found
- Hung by the chimney
- Might be cedar, fir or pine



Chef Solus Breakfast Crossword Puzzle




Across

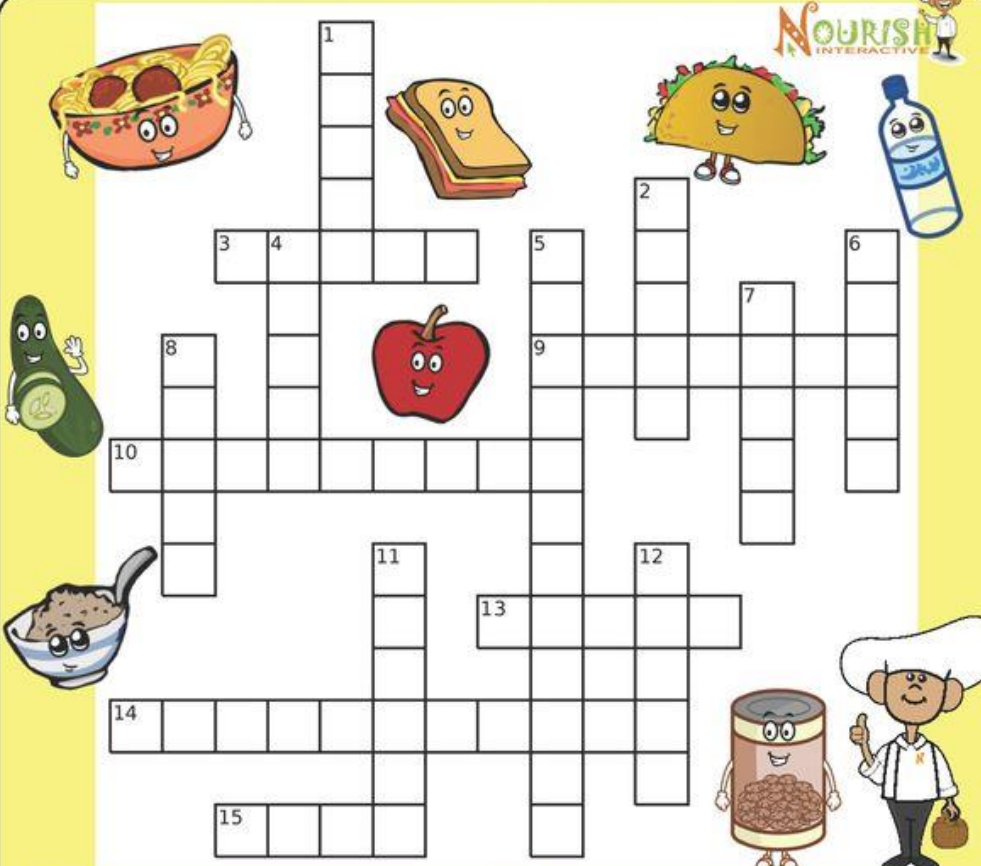
- 5 The small meal after breakfast and before lunch
- 8 Belgium _____ with strawberries
- 11 This meal helps you do great in school
- 12 This fruit juice has vitamin C
- 14 Put cream cheese or peanut butter on this
- 15 Ome_____ with mushrooms and cheese

Down

- 1 French _____ or pancakes
- 2 This taste great with whole grain cereal
- 3 This comes from a cow but its not white
- 4 Home fries or hash _____
- 6 Some kids like to eat this without milk.
- 7 Bananas, strawberries and yogurt mixed together to make a _____
- 9 Mickey Mouse shaped _____ with eggs
- 10 Eat this warm with milk, raisins, and brown sugar.
- 13 Scrambled, poached and fried _____

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 _____

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.

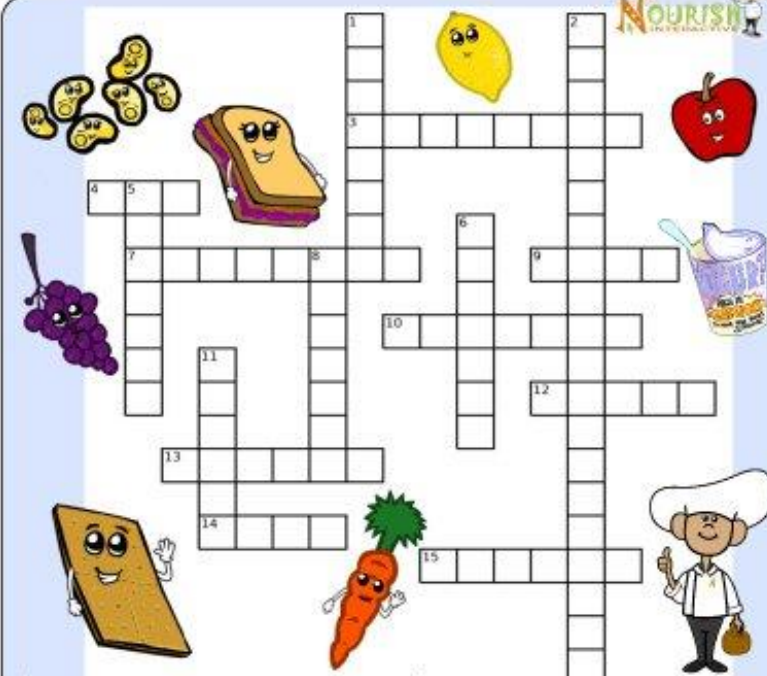
8 A sandwich needs two pieces of whole grain _____

11 What do most kids eat for breakfast?

12 Oatmeal and beans are high in _____

Chef Solus Lunch Crossword Puzzle





Across

3 Lemon juice on top of sliced apples help prevent _____

4 You need an ____ pack in your lunch box (burr)

7 Besides your backpack, make sure you have your _____

9 Trail mix usually contains these

10 Ranch dressing is a good dip for _____ blue _____

12 Many kids don't like the _____ on bread

13 Crackers and _____ is a good side dish

14 Your bones gets strong when drinking this

15 These small sweet fruit can be green, red or black

Down

1 Hummus is a dip made of this bean

2 A very popular kid's sandwich

5 Milk contains this mineral to make bones strong

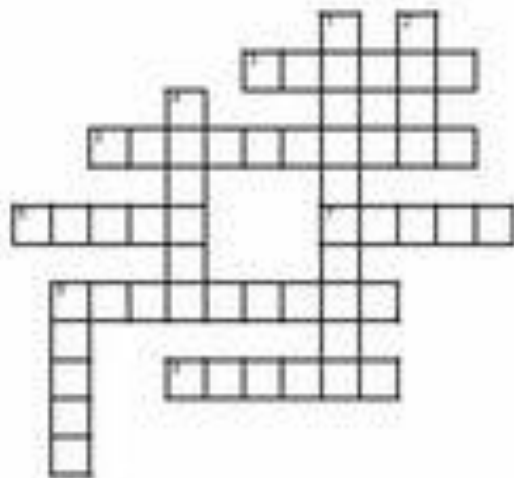
6 This container will keep your pasta warm at school

8 Vanilla yogurt goes good with fresh

11 This cracker rhymes with Sam



Fruits Crossword



Across

3. gr _ _ _ _



5. st _ _ w _ e _ _ y



6. l _ _ _ _



7. m _ _ g _



8. p _ n _ op _ _



9. b _ n _ n _



Down

1. w _ t _ r m _ l _ n



2. p _ _ r



4. or _ _ _ _



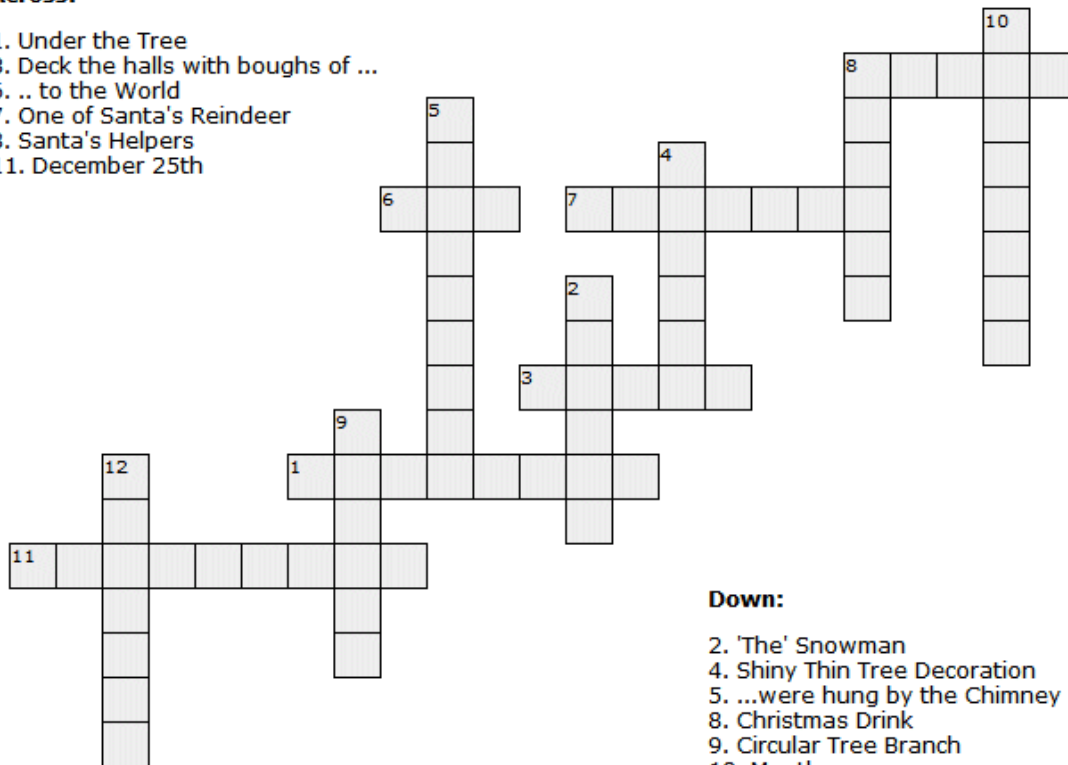
8. p _ _ _ _



Christmas Crossword Puzzle

Across:

- 1. Under the Tree
- 3. Deck the halls with boughs of ...
- 6. .. to the World
- 7. One of Santa's Reindeer
- 8. Santa's Helpers
- 11. December 25th

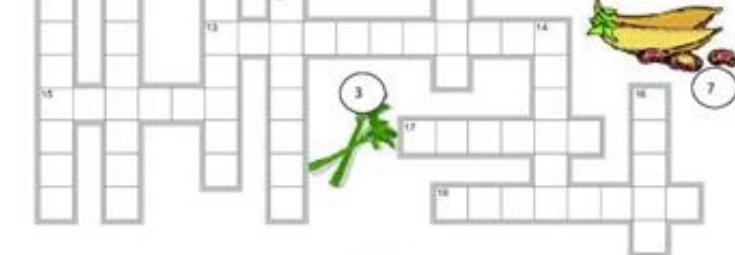
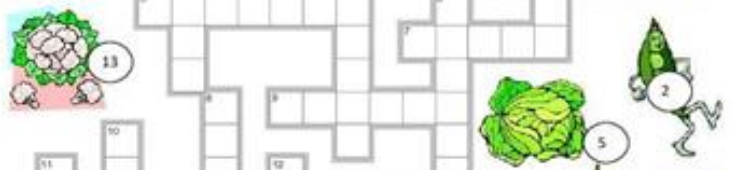
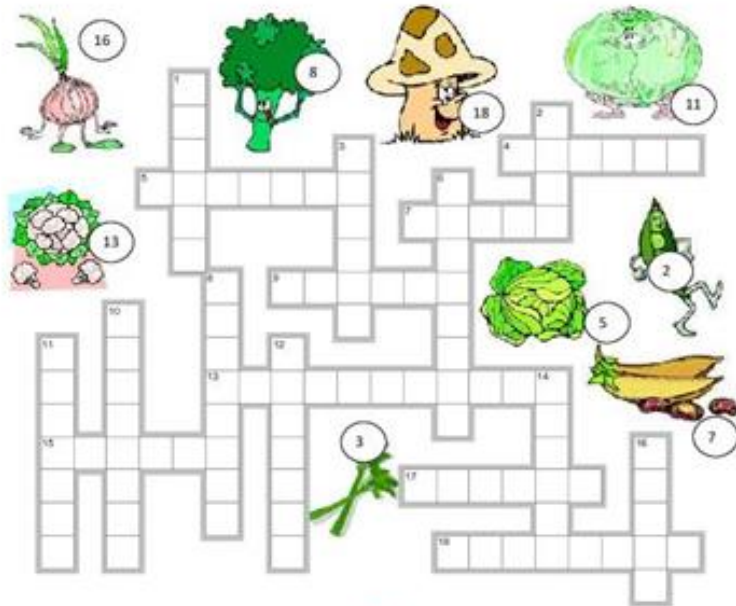


Down:

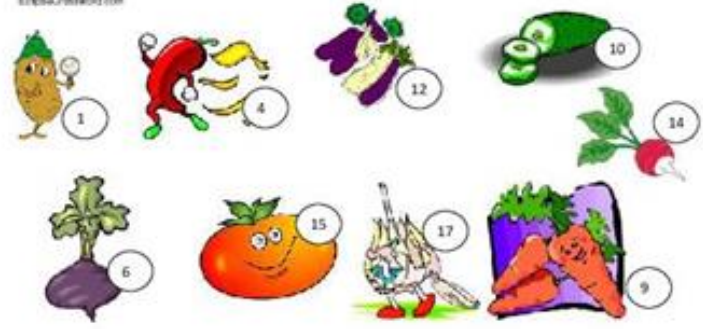
- 2. 'The' Snowman
- 4. Shiny Thin Tree Decoration
- 5. ...were hung by the Chimney
- 8. Christmas Drink
- 9. Circular Tree Branch
- 10. Month
- 12. Christmas Hater



VEGETABLES CROSSWORD



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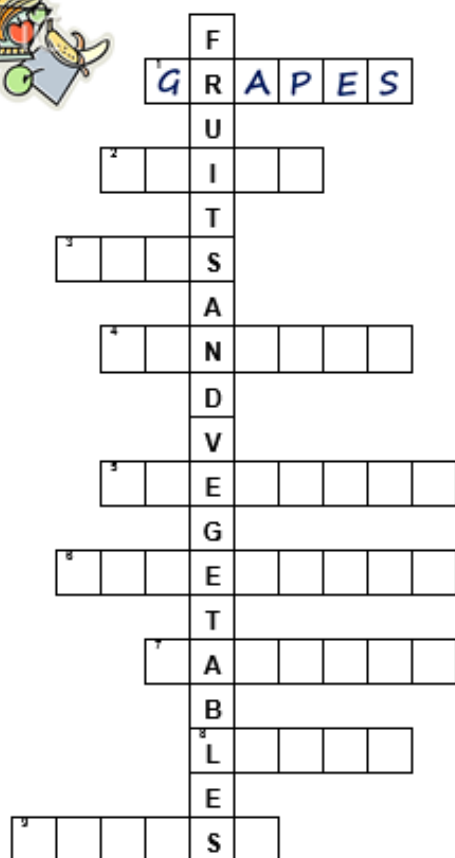


CROSSWORD

FRUITS and VEGETABLES



- Use the pictures to help you complete the crossword.



1.



2.



3.



4.



5.



6.



7.

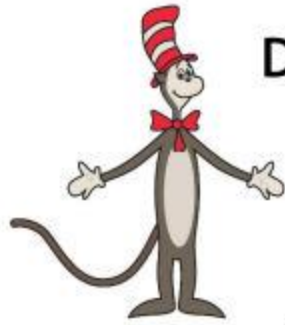


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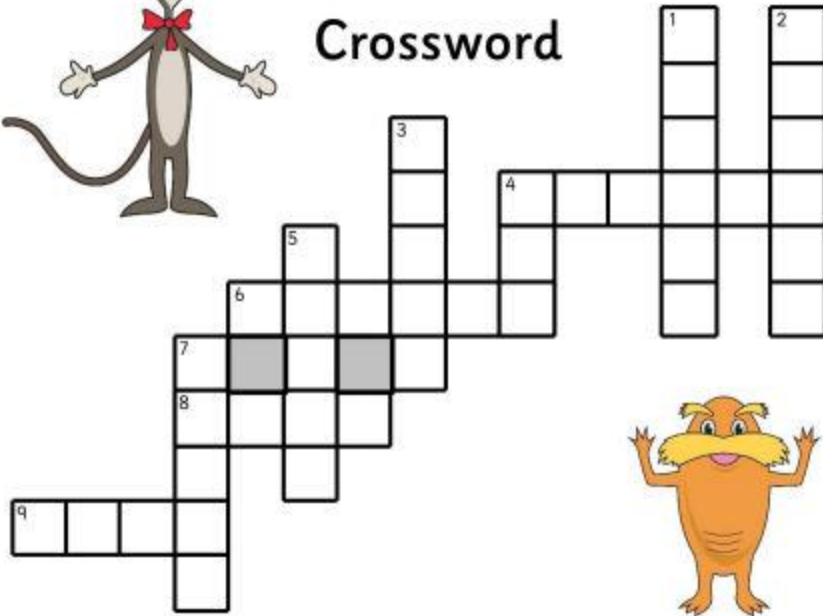


9.





Dr Seuss Books Crossword



Across


4. _____ Hears a Who
6. There's a Wocket in my _____
8. I Can _____ With My Eyes Shut!
9. One Fish, Two Fish, Red Fish, _____ Fish


Down


1. Yurtle the _____
2. How The _____ Stole Christmas
3. Fox in _____
4. The Cat in the _____
5. The _____
7. _____ Eggs and Ham


Chef Solus Food Safety Crossword Puzzle




















Across

6 Keep cold food cold and hot food _____

7 An ice _____ will keep your lunch cold

8 Wash your hands before you _____

9 Bacteria grow rapidly in the danger _____ (rhymes with cone)

11 Milk, eggs and yogurt should be stored in the _____

12 Slice veggies on a clean cutting _____

13 Keep food _____ in the refrigerator

14 Bacteria begins to grow on perishable food within _____ hours if not refrigerated.

15 Don't leave food out for more than two _____

Down

1 Warm water and _____

2 Raw meat should _____ touch fruit

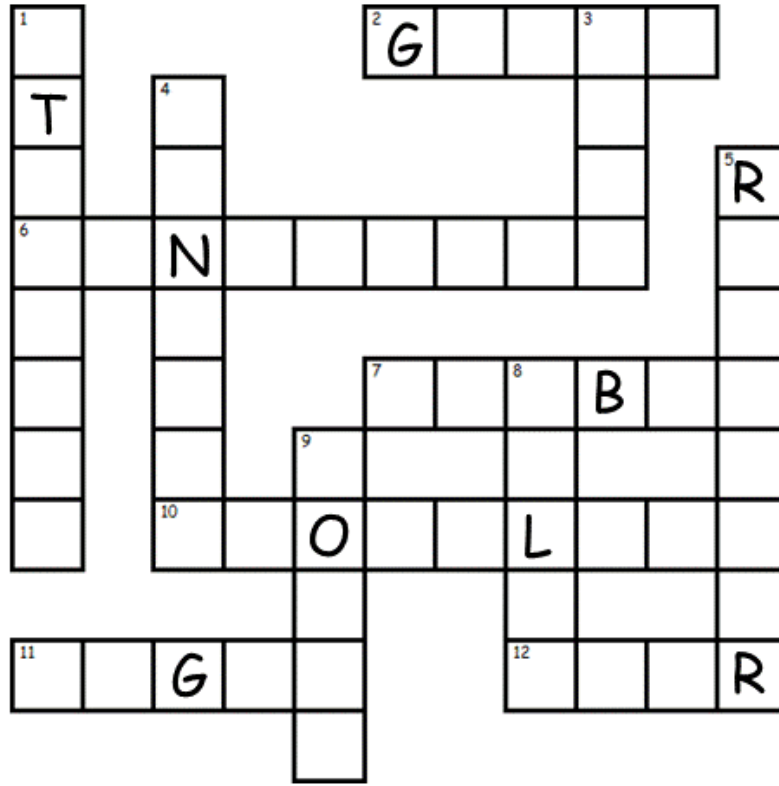
3 Germ is another word for _____

4 Use a meat _____ to check the temperature

5 You can see bacteria: True or False

10 Wash both of these for 20 seconds to kill germs.

'Tis the Season



Across

Down

2. 	10. 	1. 	5. 
6. 	11. 	3. 	8. 
7. 	12. 	4. 	9. 



Easter Crossword



Across

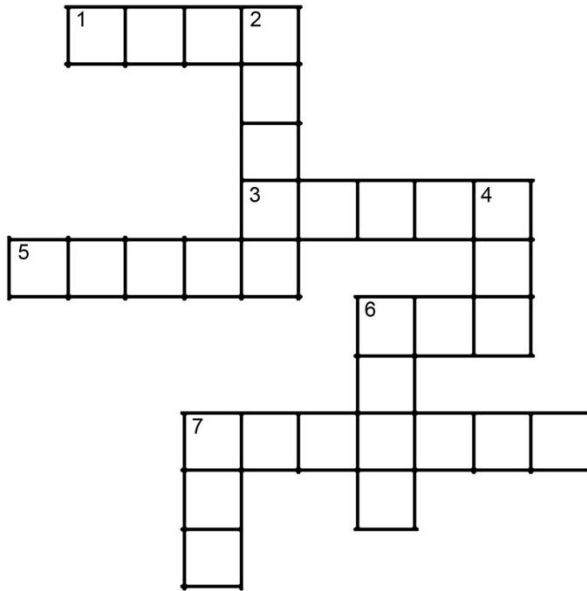
5. Easter eggs are often made out of this treat!
7. Collect your eggs in this.
8. The season in which Easter is celebrated.

Down

1. Cheerful, yellow spring flower.
2. You may go on an Easter egg ...
3. Show off your Easter bonnet at one!
4. You may wear one in the Easter parade.
5. These hatch out of real eggs.
6. We give chocolate ones at Easter.
7. Will he visit you this year?



Animal crossword



Across

1. f _____ 

3. sh _____ 

5. m _____ 

6. d _____ 

7. ch _____ 

Down

2. h _____ 

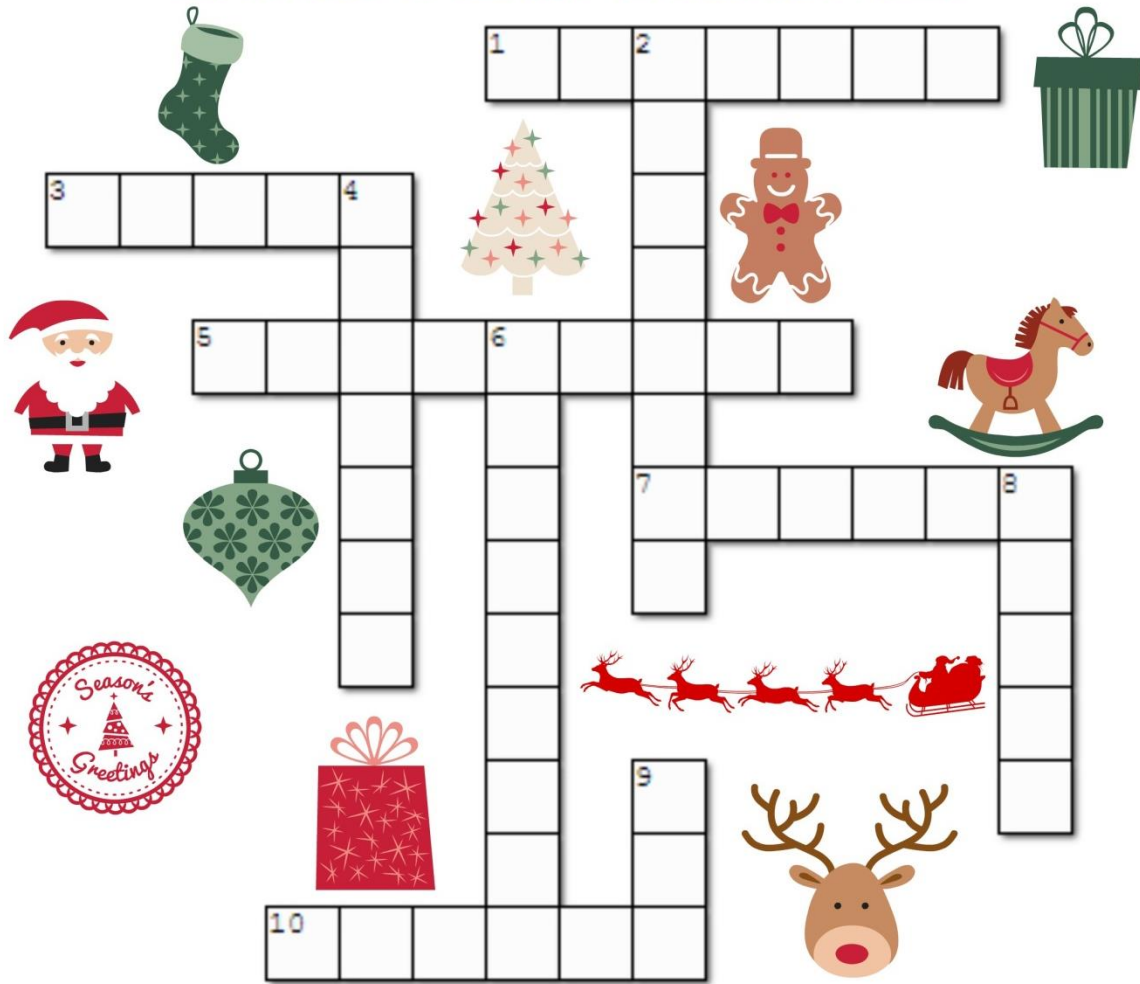
4. p _____ 

6. d _____ 

7. c _____ 

CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____.
7. Christmas Drink
10. The name of a popular snowman.

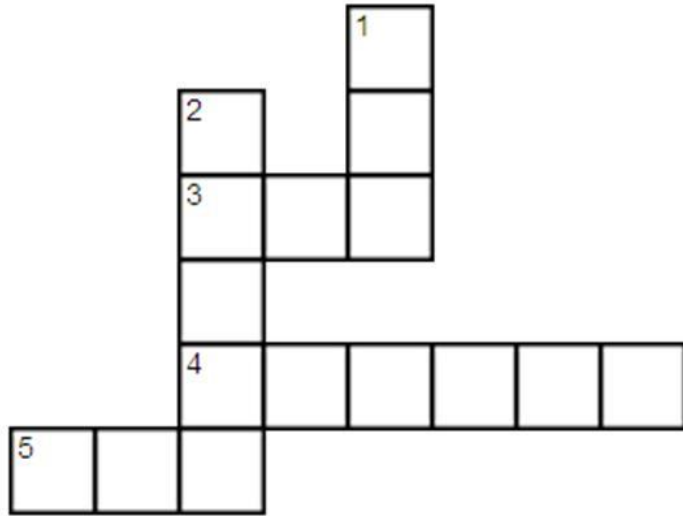
Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____.
9. ___ to the world!

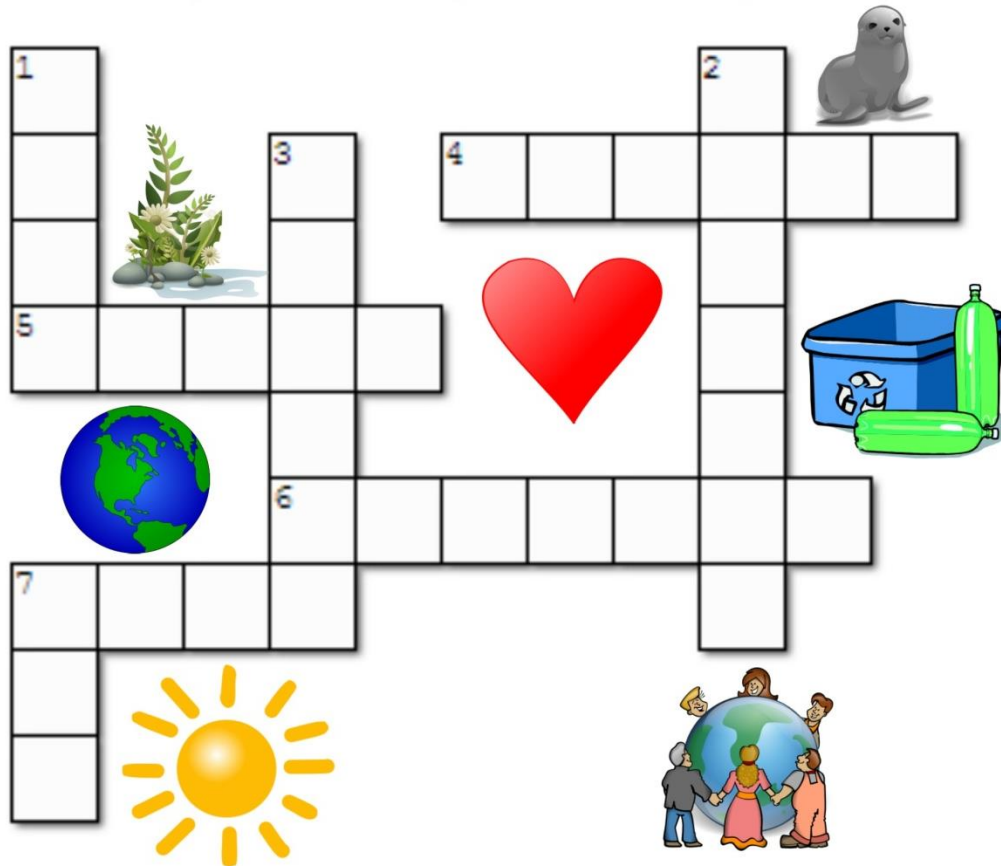
Across



Down



Earth Day Crossword Puzzle



Across

4. We have flowers, fruits, vegetables and other _____ in our garden.
5. We live on planet _____.
6. Reduce, Reuse, _____.
7. Together we can _____ the Earth.

Down

1. We need to _____ and take care of the Earth.
2. Dogs and cats are types of _____.
3. Plants, trees and birds are a part of _____.
7. The _____ is so bright I have to wear dark glasses.

Words: animals sun plants Earth love nature save recycle

4th Of July Crossword Puzzle



Across

3. It's a hot _____ day.
6. We live in the United States Of _____.
7. The 4th of July is _____ Day.
8. We celebrate the 4th of _____.
9. Someone who loves and supports America is _____.

Down

1. Our flag is red, white and _____.
2. Soldiers fight for our _____.
4. There is a _____ show on the beach.
5. Chicken and burgers are cooking on the _____.

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