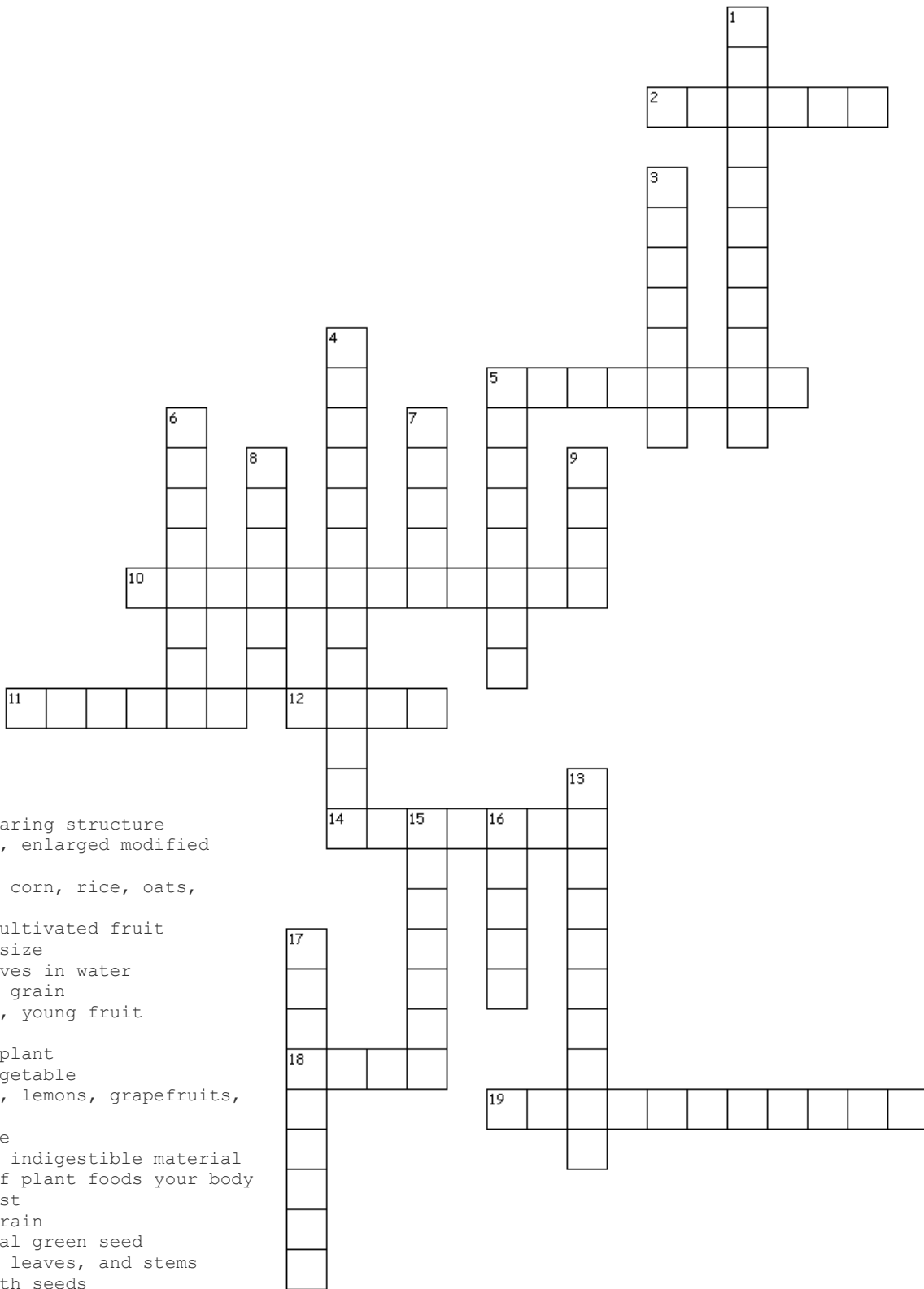


# Dietary Fiber



Across

- 2. seed-bearing structure
- 5. starchy, enlarged modified stems
- 10. wheat, corn, rice, oats, barley
- 11. most cultivated fruit
- 12. great size
- 14. dissolves in water
- 18. cereal grain
- 19. unripe, young fruit

Down

- 1. annual plant
- 3. root vegetable
- 4. oranges, lemons, grapefruits, limes
- 5. laxative
- 6. fibrous indigestible material
- 7. parts of plant foods your body can't digest
- 8. whole grain
- 9. spherical green seed
- 13. roots, leaves, and stems
- 15. pod with seeds
- 16. pulses
- 17. promotes movement