



Name \_\_\_\_\_

Date \_\_\_\_\_

(Key # 1 - 690714)

# Brilliant Leaves

Complete the crossword puzzle.

The crossword puzzle grid consists of white squares for letters and grey shaded areas for empty space. The grid is 15 columns wide and 15 rows high. The numbered starting points are:

- 1: Top row, column 5.
- 2: Top row, column 15.
- 3: Row 3, column 8.
- 4: Row 4, column 1.
- 5: Row 5, column 3.
- 6: Row 6, column 3.
- 7: Row 7, column 4.
- 8: Row 7, column 5.
- 9: Row 8, column 11.
- 10: Row 8, column 5.
- 11: Row 11, column 1.

## Across

- 1 \_\_\_\_\_ have innate properties that can help you fight fat and maintain your healthiest weight.
- 3 Beta-carotene found in this squash helps prevent night blindness and other eye problems.
- 4 Consult your pharmacist before adding any medications, including supplements containing garlic or \_\_\_\_\_.  
(two words)
- 6 A new study finds that obesity and \_\_\_\_\_ were far more common in women than men.
- 7 High intake of this nutrient may reduce bone loss in elderly men. (two words)
- 10 Ballroom dances like the fox trot, waltz, or tango can help improve \_\_\_\_\_ because of the step patterns dancers must memorize.
- 11 Some experts believe this food may lower risks of heart disease and arthritis.

- 8 Tetanus vaccines should be given every \_\_\_ years to ensure maximum protection.
- 9 Sleep promotes cognitive skills such as memory, problem solving, and \_\_\_\_\_.

## Down

- 2 The best form of treatment for this syndrome is to restore the person to familiar surroundings and attempt to get him or her back on a normal schedule.
- 3 This city in Texas is a great window into the past, claiming over 1,600 historical Texas landmarks.
- 5 A serving of fresh vegetables should be about the size of this piece of sports equipment.

