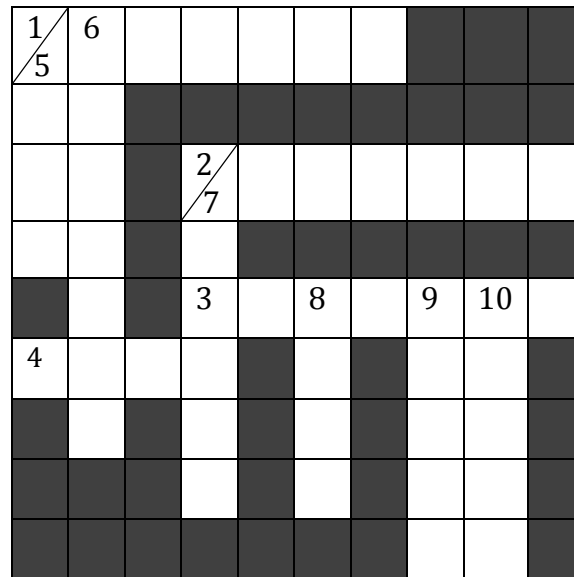


## NUTRI PUZZLE for the Month of JAN – APRIL 2017

### BREAK A PAZZLE USING VEGETABLES



#### ACROSS

1. Also called as egg plant, rich in fiber [7]
2. A big vegetable rich in vitamin – A and fiber, grow in creeper [7]
3. It is a long tuber, starchy rich in fiber [7]
4. .... gourd helps to reduce acidity, good for DM patients [3]
5. Grow in creeper, green color protein rich vegetables [4]

#### UPS AND DOWN

6. It is watery tuber , available in two colors & rich in potassium [7]
7. A oval shaped starch tuber, loved by children [6]
8. Protein rich pulses, a small green balls [4]
9. A tuber in bulb shape [5]
10. A hot vegetable (last letter missing) [5]