

Nutri-Puzzle

*Rajalakshmy.P

1		5						8
		2					7	
3				6				9
4								

Across

1. Used in the preparation of beer, it is called as king of cereals
2. A golden cereal, rich in vitamin – A
3. A good substitute for a wheat that contains gluten
4. Punjab has large production of it

Down

5. Staple food for south Indians
6. Rich in fibre, helps in weight loss
7. It is also called as Italian corn
8. The millets stabilize the level of cholesterol in the blood
9. Rich in calcium