Chef Solus Fiber Crossword Puzzle NOURISH F Έ E M G G Е R В E U 00 Across Down 3 H20 is the chemical symbol Bread's main ingredient 2 Spaghetti and penne are types of ____ for 9 This is high in fiber and taste great 4 Red and delicious is my favorite type of with milk and raisins for breakfast 10 Veggie is short for _____ 5 Cherrios and Kix have this; same goes 13 The tomato is not a vegetable, for whole wheat bread. 6 Chef ____ instead it is a _ 14 The color of the grains group 7 Chicken, rice and ____ make a great 15 High fiber foods (fruits and taco; They are high in fiber too. veggies) make your stomach feel ____ 8 A sandwich needs two pieces of whole grain 11 What do most kids eat for breakfast? 12 Oatmeal and beans are high in