ACROSS
1  Children should eat 1 1/2 ______ of fruit everyday.
5  The fruit on the inside of the mango is ______.
6  Fruits grow on bushes and ______.
7  Mangoes are rich in ______ A.

DOWN
1  Vitamin C helps heal ______.
2  Fruits have ______ in them.
3  The seed inside of a mango is big and ______.
4  A mango is a tropical ______ that needs warm sun.

Word Bank:
seeds
trees
vitamin
cups
yellow
flat
cuts
fruit