

NAME: _____



Across

- 6. There is more potassium per serving in a potato than in this fruit.
- 7. Potatoes are a good source of _____ C.
- 9. Potatoes are _____ free.

Down

- 1. Wada Farms was founded by Frank Wada on 160 acres of land in Pingree, _____.
- 2. Potatoes are good for this pumping organ in your body.
- 3. There are only 110 of these in an average potato.
- 4. Potatoes are a healthy _____.
- 5. Potatoes are _____ free.
- 8. Other minerals found in potatoes include calcium, zinc and _____.
- 10. Simple and complex carbohydrates give you this.

