

Did You Know?

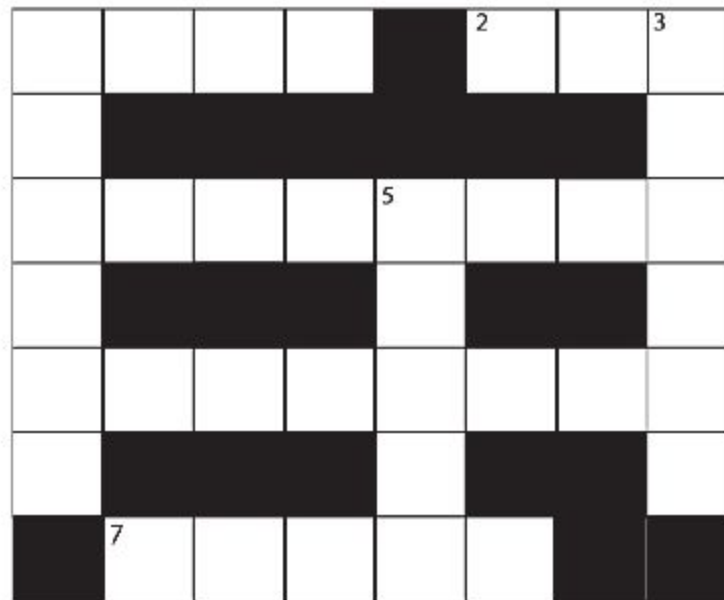
RESEARCH HAS FOUND THAT ANTHOCYANINS CONTAINED IN BLUEBERRIES CAN HELP PREVENT SOME CANCERS.

HEALTH FACT!

THIS FRUIT HAS ONE OF THE HIGHEST CONCENTRATIONS OF ANTIOXIDANTS OF ANY FOOD. IT ALSO CAN HELP REDUCE CHOLESTEROL AND BELLY FAT.

ANSWER: BLUEBERRY

Crossword Puzzle



ACROSS

- Primary color
- Consume
- Memento
- Appropriate to the matter
- Type of fruit

DOWN

- Dessert shop
- Special snacks
- Enjoy completely

Answers:
 Across
 1. Blue 2. Eat 4. Keepsake 6. Relevant 7. Berry
 Down
 1. Bakery 3. Treats 5. Savor

THIS DAY IN... HISTORY



- 1799: THE ROSETTA STONE IS FOUND IN EGYPT.
- 1870: GEORGIA BECOMES THE LAST CONFEDERATE STATE TO BE READMITTED TO THE UNION.
- 2006: TWITTER IS LAUNCHED.

New Word

FIBER

dietary material that resists digestive enzymes

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: WAFFLES

How they SAY that in...

- ENGLISH:** Blue
- SPANISH:** Azul
- ITALIAN:** Blu
- FRENCH:** Bleu
- GERMAN:** Blau