Food Groups

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  | 1  P |  |  |  |  |  |  |
|  |  |  |  | 2  C |  |  | 3  F | A | T |  |  |  |  |  |
|  |  |  |  | E |  |  |  | S |  |  | 4  B |  |  |  |
|  |  |  |  | R |  |  |  | T |  |  | R |  |  |  |
|  |  |  | 5  V | E | G | E | T | A | B | L | E |  | 6  C |  |
|  |  |  |  | A |  |  |  |  |  |  | A |  | H |  |
|  |  |  |  | L |  |  |  | 7  F |  |  | D |  | E |  |
| 8  E | G | G | S |  | 9  F | R | U | I | T |  | S |  | E |  |
|  |  |  |  |  |  |  |  | S |  |  |  |  | S |  |
|  |  |  |  |  |  | 10  Y |  | H |  |  |  |  | E |  |
|  |  |  |  | 11  F | O | O | D |  |  |  |  |  |  |  |
|  |  |  |  |  |  | G |  |  |  |  |  |  |  |  |
|  |  |  |  | 12  P | O | U | L | T | R | Y |  |  |  |  |
|  |  |  |  |  |  | R |  |  |  |  |  |  |  |  |
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| **Across**  **3.** Try fat-free or low\_\_\_\_\_\_\_\_ foods when you can.  **5.** Broccoli and green beans are examples of a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  **8.** You can hard\_boil,scramble,fry,or eat them as an omelet.How do you like your \_\_\_\_\_\_\_\_\_\_?  **9.** Apples,oranges,and bananas fit into this food group.  **11.** Eat a variety of \_\_\_\_\_\_\_\_\_\_\_\_ from all of the groups.  **12.** Chicken and turkey are examples of \_\_\_\_\_\_\_\_\_\_\_\_. | **Down**  **1.** Spaghetti is a type of \_\_\_\_\_\_\_\_\_\_\_\_ .  **2.** This makes a quick and easy "ready-to eat" breakfast with fruit and milk.  **4.** Use whole-grain \_\_\_\_\_\_\_\_\_\_\_\_\_ for your sandwiches.  **6.** Cheddar,Swiss and mozzarella are examples.  **7.** Salmon and trout are examples of \_\_\_\_\_\_\_\_\_.  **10.** This sweet ,smooth food comes in many different flavors and is a great way to get calcium for your bones. |