Food Groups

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|  |  |  |  |  |  |  |  | 1P |  |  |  |  |  |  |
|  |  |  |  | 2C |  |  | 3F |  A |  T |  |  |  |  |  |
|  |  |  |  |  E |  |  |  |  S |  |  | 4B |  |  |  |
|  |  |  |  |  R |  |  |  |  T |  |  |  R |  |  |  |
|  |  |  | 5V |  E |  G |  E |  T |  A |  B |  L |  E |  | 6C |  |
|  |  |  |  |  A |  |  |  |  |  |  |  A |  |  H |  |
|  |  |  |  |  L |  |  |  | 7F |  |  |  D |  |  E |  |
| 8E |  G |  G |  S |  | 9F |  R |  U |  I |  T |  |  S |  |  E |  |
|  |  |  |  |  |  |  |  |  S |  |  |  |  |  S |  |
|  |  |  |  |  |  | 10Y |  |  H |  |  |  |  |  E |  |
|  |  |  |  | 11F |  O |  O |  D |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  G |  |  |  |  |  |  |  |  |
|  |  |  |  | 12P |  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. |