|  |  |  |
| --- | --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_ | Period: \_\_\_\_\_\_\_ |

MYPLATE AND FOOD GROUPS

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |  |  |  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 3 |  |  |  |  |  |  |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 6 |  |  | 7 |  |  |  |  |  |  | 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  | 11 |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 12 |  |  |  |  | 13 |  |  | 14 |  |  |  |  |  |  |  |  | 15 |  |  |
|  |  |  |  |  |  |  |  |  | 16 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 17 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 18 |  |  | 19 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 20 |  |  |  |  | 21 |  | 22 |  |  |  |  |  |  |  |  | 23 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 24 |  |  |  |  |  |  |  |  | 25 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 27 |  |  |  |  |  |  |  |  |  | 28 |  |  |  |  |  | 29 |  |  |  |  |  |  |  |  |
|  |  |  | 30 |  |  |  |  |  |  | 31 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 32 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 33 |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 34 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 35 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 36 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Across****3.** Natural sugars are found in **4.** This is a food made from grains**5.** contain all the essential amino acids **6.** How many servings of the dairy group should you have each day**8.** Foods that contain the entire edible grain**9.** How many kids does your teacher have **16.** A substance that protects cells from damage **20.** what class are you in **21.** These proteins come from plants**23.** These fats are found in food from animal sources **24.** this is a healthier fat**25.** This food is part of the milk/dairy group**27.** A plant material that your body cannot digest**28.** How many food groups are there?**29.** name a vegetable dish that can be served as the main dish **32.** Saturated animal fats contain this waxy substance **34.** These are the building blocks that make up proteins**35.** Fat cells store \_\_\_\_\_\_\_\_\_**36.** This vitamin helps blood clot | **Down****1.** Condition in which bones gradually lose their mineral content and become weak and brittle**2.** easy to break**7.** This food is part of the protein group**10.** These have no nutritional value **11.** Fiber helps your body eliminate this **12.** 1 slice of bread is equivalent to how many ounces of grain **13.** How many ounces of the grain group should you consume each day**14.** These fats come from plant sources and are a healthier choice **15.** High cholesterol is linked to this **17.** A chemical reaction that causes cell damage**18.** This food belongs to the fruit group**19.** Starches and sugars that give the body most of its energy**22.** Fiber can help reduce the risk of this cancer**26.** Asparagus are part of which food group?**30.** This is an example of a sweet that is high in sugar**31.** What is your teachers last name **33.** Needed to build, repair,and maintain body cells and tissues |