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MYPLATE AND FOOD GROUPS

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| **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 |