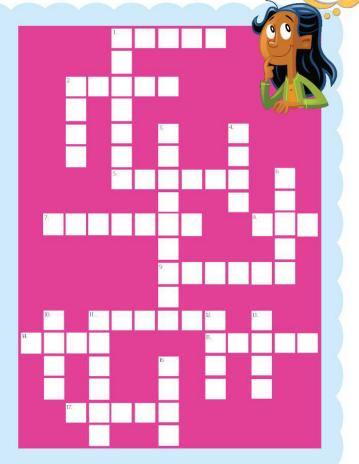
MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

ACI	1088
1.	Use the My as a guide.
2.	Apples, oranges, and bananas fit into this food group.
5.	This sweet, smooth food comes in many different flavors
	and is a great way to get calcium for your bones.
7.	are an orange vegetable.
8.	Try fat-free or low foods when you can.
9.	Use whole-grain for your sandwiches.
11.	Cheddar, swiss, mozzarella, monterey jack are examples.
	Fits into the grains group of MyPlate. Goes great with stir-fry.
15.	MyPlate is a to help you eat a variety of foods
	for a healthy body.
17,	Spaghetti is a type of
Down	
1.	Chicken and turkey are examples of
	Eat a variety of from all of the groups.
	Broccoli and green beans are examples of a
4.	These are a great source of protein and can be mixed with
	cereal and dried fruit for an "on-the-go" snack.
6.	Pinto, kidney, black, refried - there are lots of different kinds
	and they can be eaten lots of different ways.
10.	Vegetable or olive are often used for cooking and
	are part of a healthful diet.
11.	This makes a quick and easy "ready-to-eat" breakfast with
	fruit and milk.
12.	You can hard-boil, scramble, fry, or poach these, or eat
	them as an omelet. How do you like your?
13.	Salmon and trout are examples of
16.	Lean is an excellent source of protein, iron, and zinc.



Adapted from

Team Up At Home Team Nutrition Activity Book

