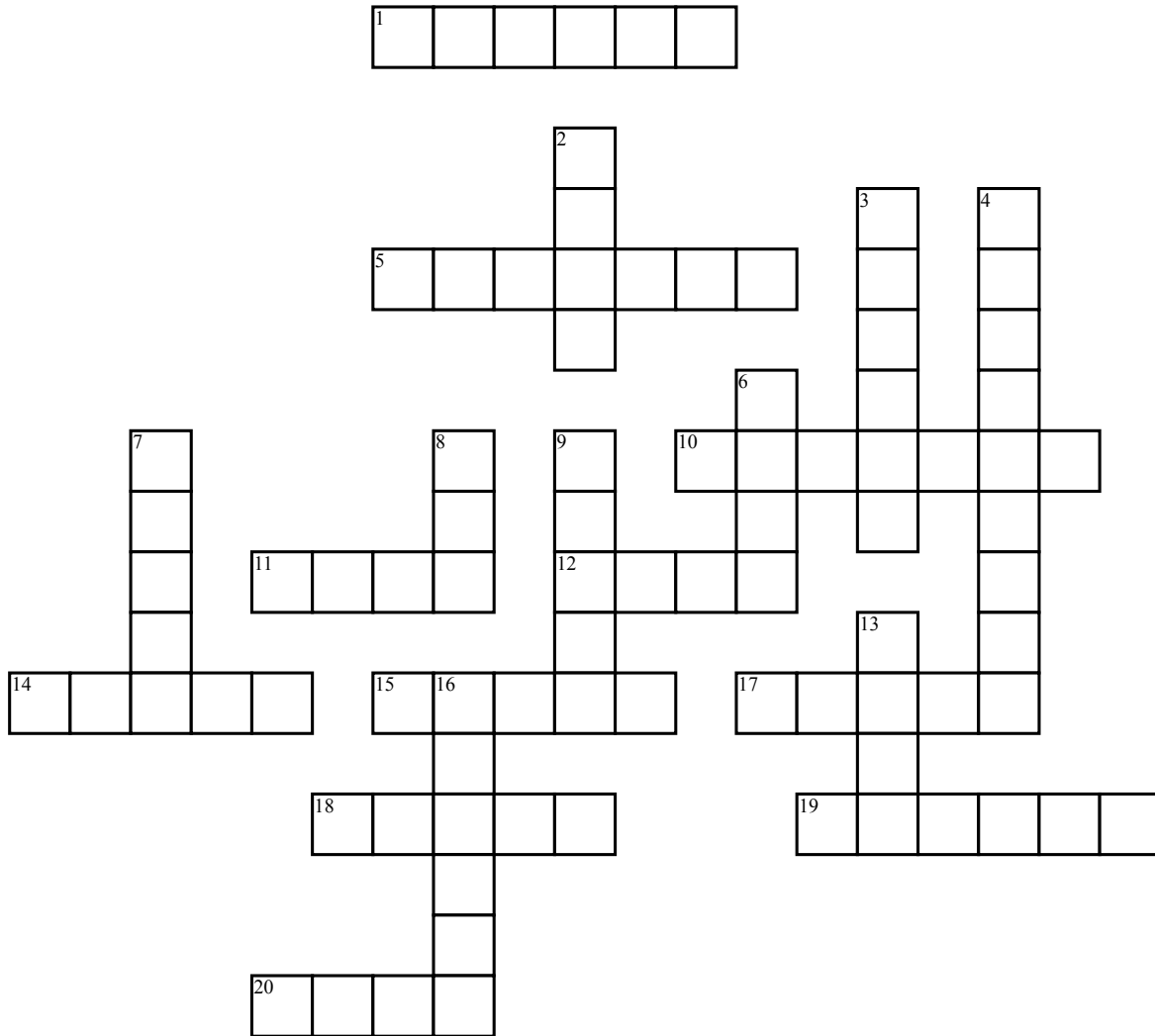


Fruits & Vegetables Crossword



Across

1. Apples, oranges, and bananas fit into this food group.
5. Chicken and turkey are examples of _____.
10. _____ are an orange vegetable.
11. Lean _____ is an excellent source of protein, iron, and zinc.
12. You can hard-boil, scramble, fry, or pash these, or eat them as an omelet. How do you like your _____?
14. Pinto, kidney, black, refried -- there are lots of different kinds and they can be eaten lots of different ways.
15. Eat a variety of _____ from all of the groups.

17. MyPlate is a _____ to help you eat a variety of foods for a healthy body.

18. Use the My _____ as a guide.

19. Cheddar, swiss, mozzarella, monterey jack are examples.

20. Fits into the grains group of MyPlate. Goes great with stir-fry.

Down

2. Vegetable or olive _____ are often used for cooking and are part of a healthful diet.

3. This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.

4. Broccoli and green beans are examples of a _____.

6. These are a great source of protein and can be mixed with cereal and dried fruit for an 'on-the-go' snack.

7. Spaghetti is a type of _____.

8. Try fat-free or low _____ foods when you can.

9. Use whole-grant _____ for your sandwiches.

13. Salmon and trout are examples of _____.

16. This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.