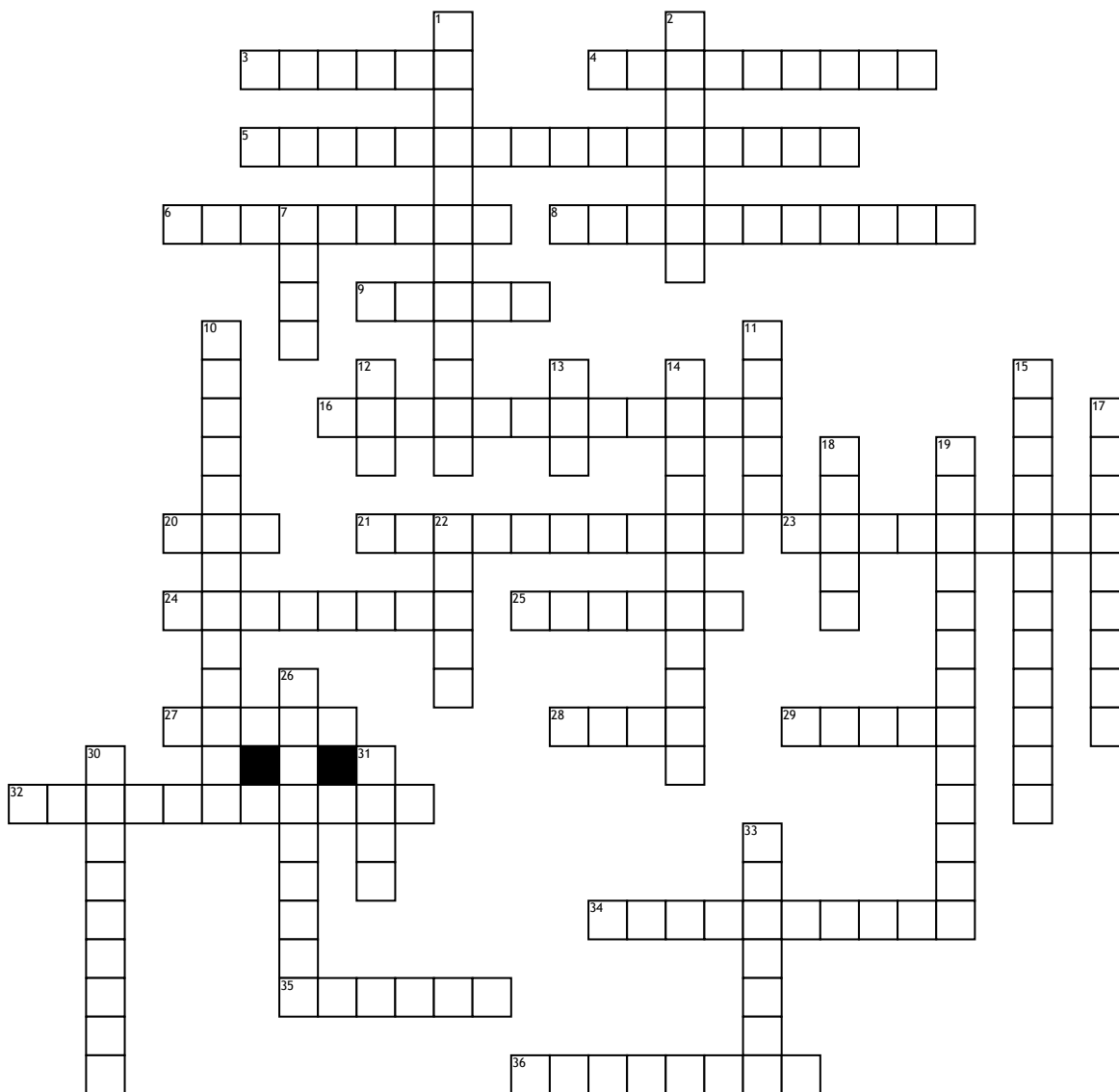


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# MYPLATE AND FOOD GROUPS



## 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