## Food Groups



## Across

3. Try fat-free or low $\qquad$ foods when you can.
4. Broccoli and green beans are examples of a
5. You can
hard_boil,scramble,fry,or eat them as an omelet. How do you like your $\qquad$ ?
6. Apples, oranges, and bananas fit into this food group.
7. Eat a variety of
groups.
8. Chicken and turkey are examples of $\qquad$ .

Down

1. Spaghetti is a type of
2. This makes a quick and easy "ready-to eat" breakfast with fruit and milk.
3. Use whole-grain
$\square$ sandwiches.
4. Cheddar,Swiss and mozzarella are examples.
5. Salmon and trout are examples of $\qquad$ .
6. This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
