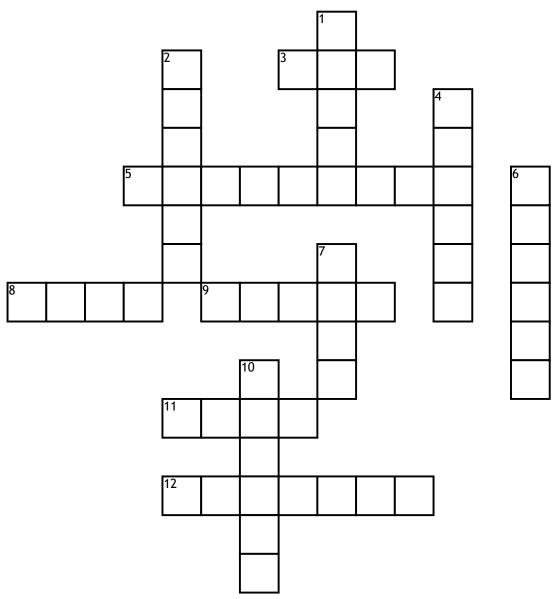
Food Groups



- 3. Try fat-free or low_____ foods when you can.
- **5.** Broccoli and green beans are examples of a
- **8.** You can hard_boil,scramble,fry,or eat them as an omelet.How do you like your _____?
- **9.** Apples, oranges, and bananas fit into this food group.

- 11. Eat a variety of ____ from all of the groups.
- **12.** Chicken and turkey are examples of _____.

<u>Down</u>

- 1. Spaghetti is a type of
- 2. This makes a quick and easy "ready-to eat" breakfast with fruit and milk.

- **4.** Use whole-grain _____ for your sandwiches.
- **6.** Cheddar, Swiss and mozzarella are examples.
- **7.** Salmon and trout are examples of ______.
- 10. This sweet ,smooth food comes in many different flavors and is a great way to get calcium for your bones.