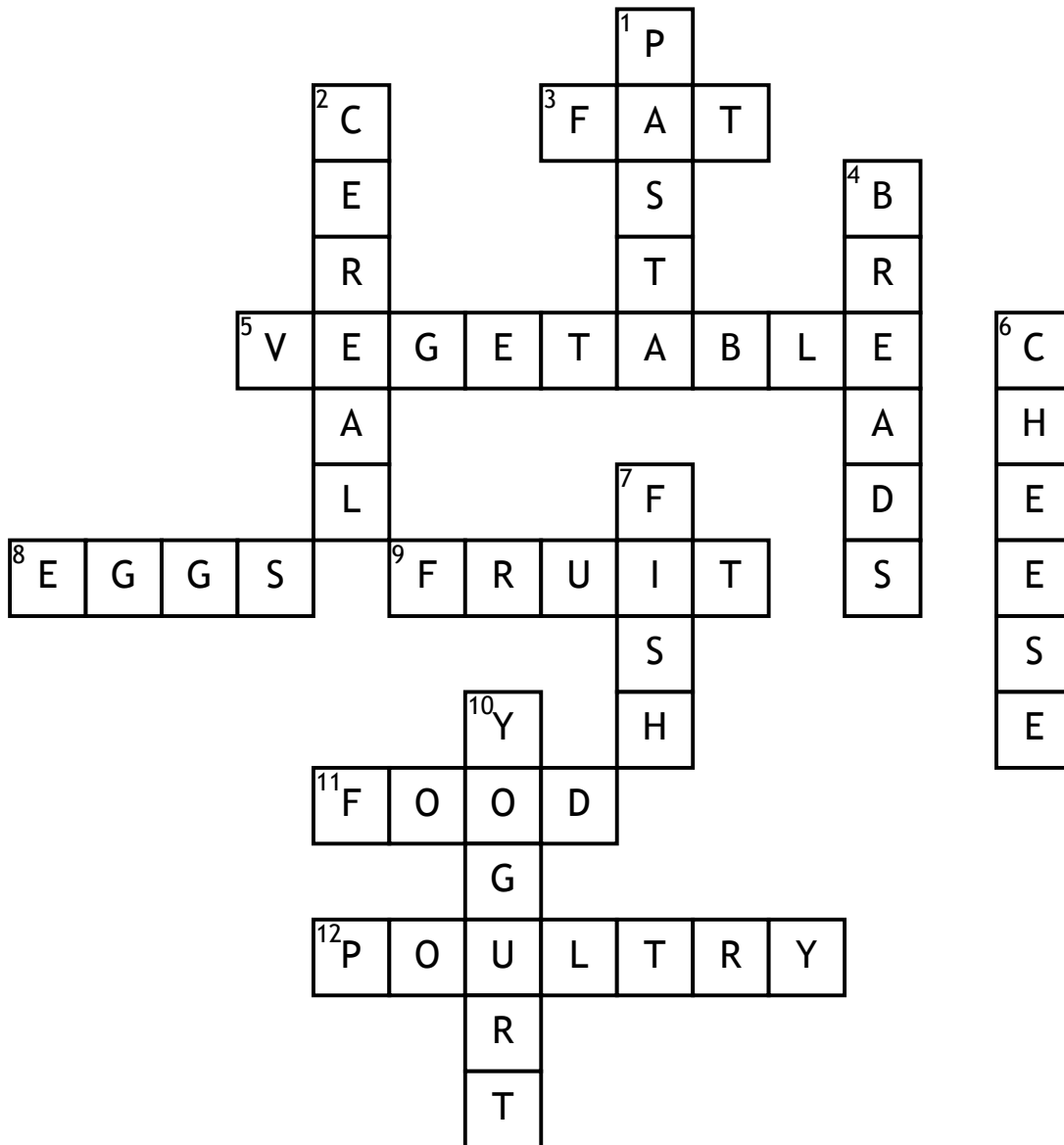


Food Groups



Across

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 _____.

Down

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.