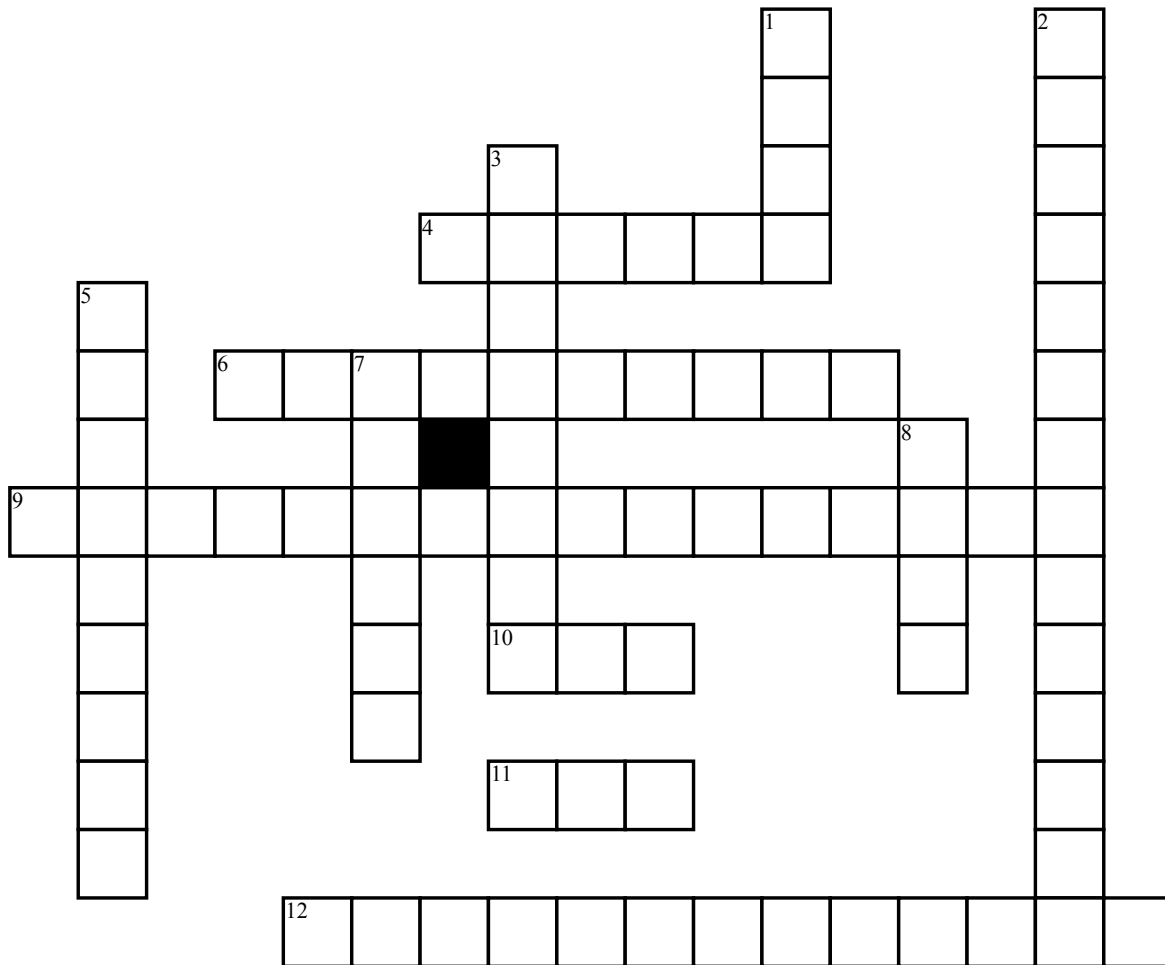


Name: _____ Date: _____ Period: _____

Healthy Food Guidelines



Across

4. Food group that includes orange juice
6. Food group that includes carrots
9. Offers advice on how to choose healthful food sources for your fats to eat

10. How many colors does the pyramid has

11. Set of recommendations

12. High ratio of nutrients to calories

Down

1. What is the yellow band for in the Pyramid

2. Energy to keep you going between meals

3. Food group that includes eggs

5. Interactive guide

7. Food group that includes bread

8. Food group that includes cheese