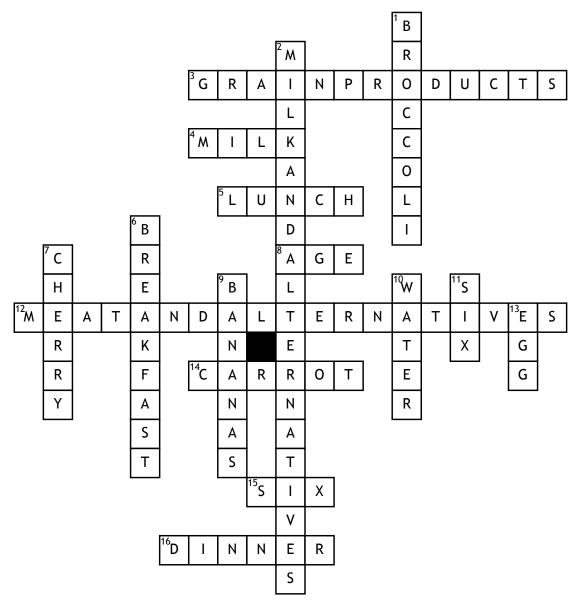
Name:	Date:
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## Healthy Eating



## **Across**

- **3.** Bread is part of which food group category?
- **4.** Your bones get strong when drinking this.
- **5.** The meal after breakfast and before dinner.
- **8.** What depends on the number of servings you should have per day?
- **12.** Salmon, chicken, and shellfish are part of which food group category?

- **14.** What vegetable is orange and crunchy?
- **15.** How many servings should you have of grain products per day according to the Canada Food Guide?
- **16.** The last meal of the day.

## <u>Down</u>

- 1. This vegetable looks like a mini tree.
- **2.** Yogurt is part of which food group category?

- **6.** The first and most important meal of the day.
- **7.** What fruit is round, red and has a green stem?
- 9. Monkeys love them.
- **10.** You need to drink \_\_\_\_\_ everyday.
- 11. How many servings of vegetables and fruit should you have per day according to the Canada Food Guide?
- **13.** Scrambled, poached, and fried \_\_\_\_\_