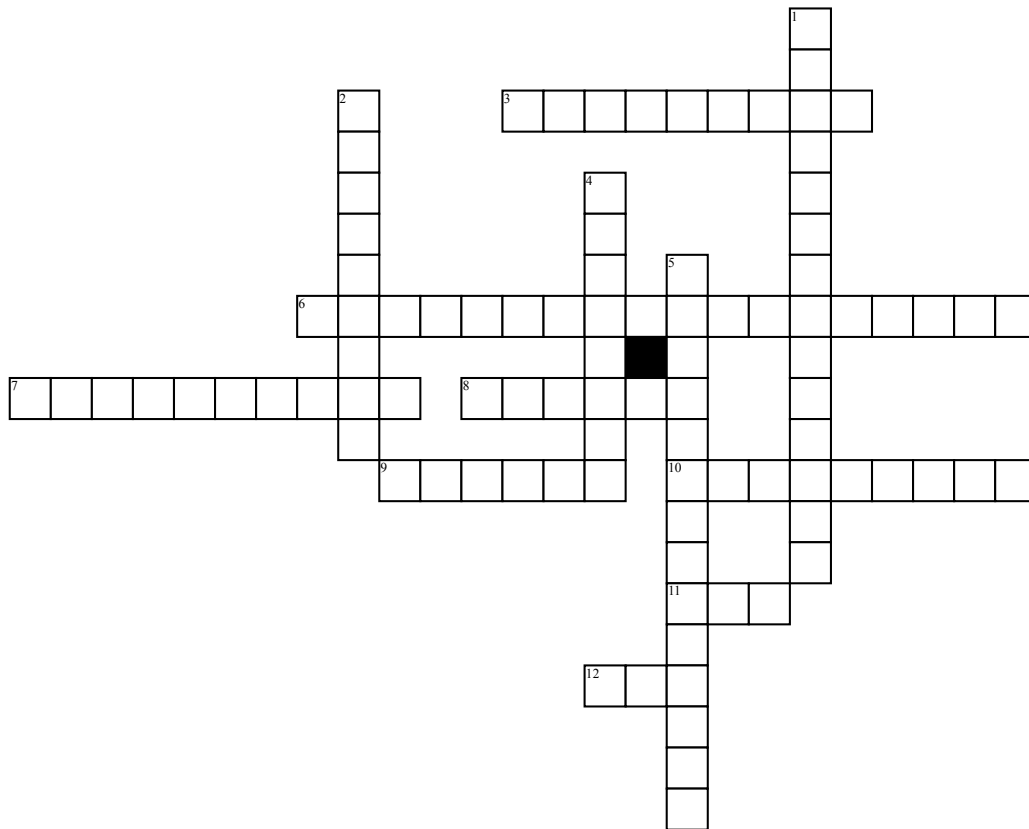


Name: \_\_\_\_\_

## Chapter 10, Lesson 3- Healthy Food Guidelines



### Across

- 3. An interactive guide to healthful eating and active living
- 6. foods that have high ratio of nutrients to calories
- 7. one of the major food groups
- 8. the orange band on the MyPyramid

- 9. Food group that includes orange juice
- 10. kids typically do better in school when they eat this meal
- 11. how many colors does the MyPyramid have?
- 12. set of recommendations about smart eating and physical activity

### Down

- 1. oatmeal, grits, hard boiled eggs, and muffins are examples of a
- 2. how long teens should be physically active for
- 4. the purple band on the MyPyramid
- 5. energy to keep you going between meals

### Word Bank

grains	nutrient dense foods	proteins	quick breakfast
60 minutes	MyPyramid	six	vegetables
sensible snacks	Fruits	breakfast	DGA