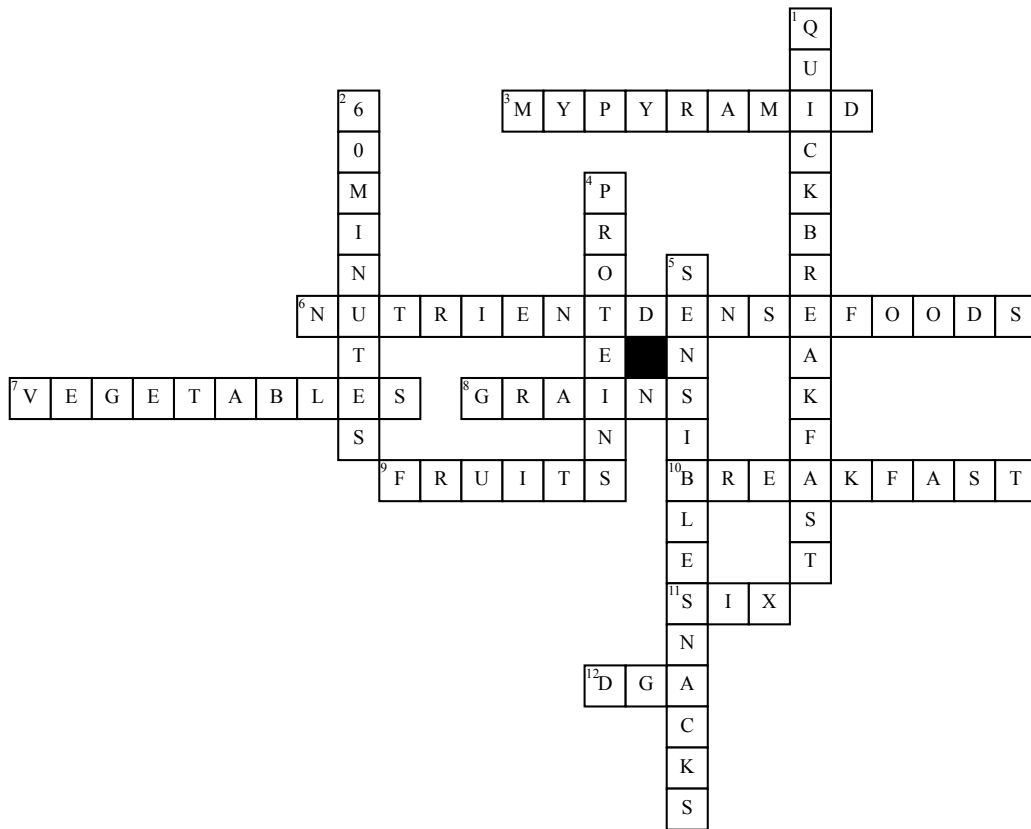


Name: _____

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

Word Bank

vegetables

nutrient dense foods

60 minutes

six

quick breakfast

breakfast

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

DGA

MyPyramid

proteins

sensible snacks

grains

Fruits