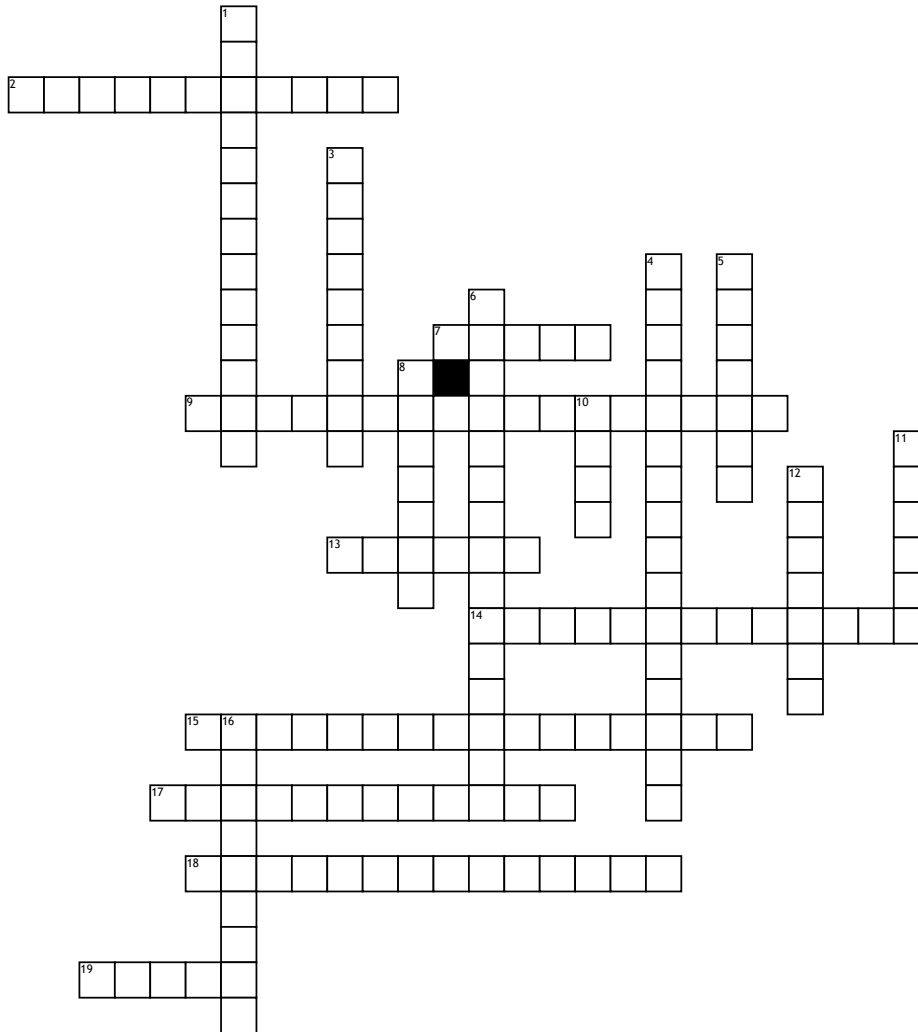


Balancing Nutrition



Across

- 2. ____ is high in fiber, and contains the entire grain kernel.
- 7. I can be used in many different ways and use calcium to make your bones stronger. I reduce the risk of osteoporosis (thinning of the bones). What am I?
- 9. I am a Veggie sub group. I contain 2 colors. Some items that can be found are pumpkin, and red bell peppers
- 13. ____ is Protein found in wheat, barley and rye, and any other foods made with these grains.
- 14. ____ are processed to have bran and germ removed before grinding the grain into flour.
- 15. ____ is the movement of the body which maintains physical Activity.
- 17. I am a Vegetable sub group. Some items that are in this group are peas, and beans.

- 18. I am a Vegetable sub group. Some items you can find in this group are; corn, and potatos.
- 19. ____ is sweet, health, and is the seed-bearing structure in most plants. What food group can you find me in?

Down

- 1. ____ is something you can eat for a short burst of energy?
- 3. ____ is the process of providing, or obtaining the food necessary for health and growth.
- 4. I am a Vegetable sub group. Some items within this group are bok choy, and broccoli.
- 5. I am an important in the everyday life. I am used to build bones, and many other things. Meat isn't the only source i'm in.
- 6. ____ is the range of heart rate which is optimal during exercise. Your optimal goal is 80% of your max heart rate.

- 8. Dairy provides _____. It makes your bones Strong and healthy?

- 10. I contain complete protein. You can eat me many of ways; over easy, sunny side up, or scrambled. What am I.

- 11. ____ consists of any foods contains these following; Wheat, Rice, Oats, Cornmeal, Barley, or any other cereal ____.

- 12. I am a visual representation of the proper serving sizes containing; Fruit, Vegetables, Grains, Protein, and Dairy

- 16. ____ is the speed of of the heartbeat measured by bpm (beats per minute)

Word Bank

- | | | | |
|----------------|--------------------|-------------------|--------------------|
| Grains | Starchy Veggies | Fruit | Physical Activity |
| Refined Grains | Carbohydrates | My Plate | Calcium |
| Gluten | Nutrition | Beans and Peas | Dark Green Veggies |
| Whole Grains | Heart Rate | Eggs | Dairy |
| Protein | Red/Orange Veggies | Target Heart Rate | |