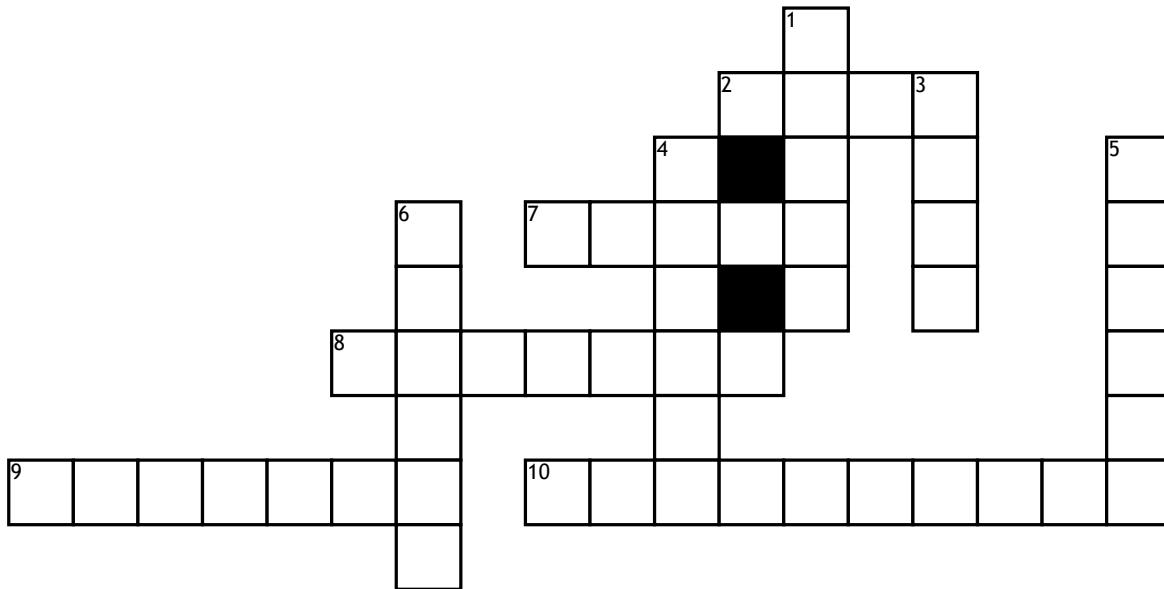


Name: _____

Date: _____

Food Groups



Across

2. This much of your plate should be fruits and vegetables.
7. The most important thing you should drink.
8. The colors of the fruits we eat should make one of these.
9. Eggs, fish, and pork chops are examples of this food group.
10. Broccoli, celery, and lettuce are part of this food group.

Down

1. This food group includes things like milk, yogurt, and ice cream.
3. The number of food groups we have.
4. Eating different foods helps make you this word.
5. Apples, kiwis, peaches, etc.
6. Bread, pretzels, and cereal.