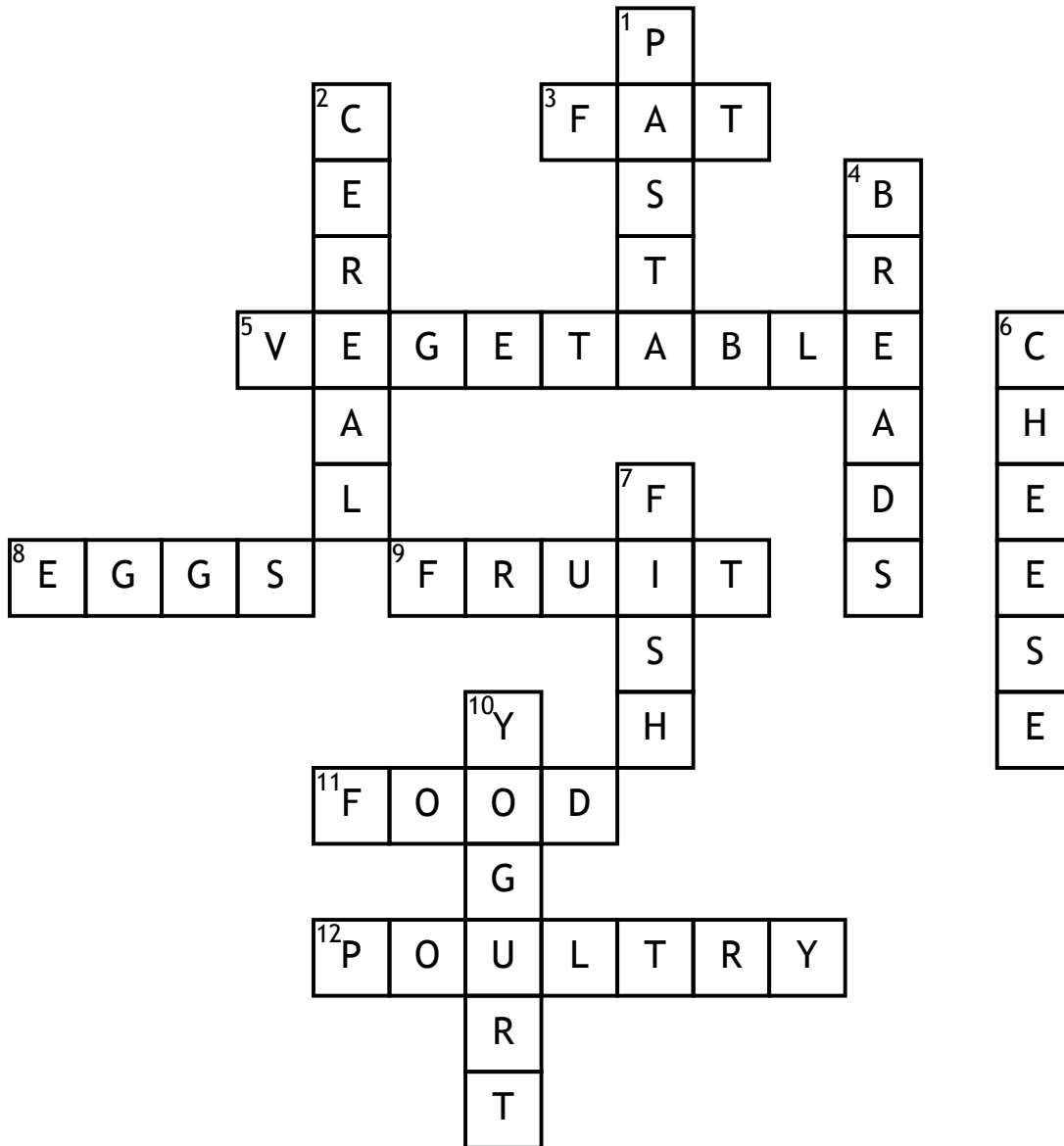


# Food Groups



**Across**

- 3. Try fat-free or low \_\_\_\_\_ foods when you can.
- 5. Broccoli and green beans are examples of a \_\_\_\_\_.
- 8. You can hard\_boil,scramble,fry,or eat them as an omelet.How do you like your \_\_\_\_\_?
- 9. Apples,oranges,and bananas fit into this food group.

11. Eat a variety of \_\_\_\_\_ from all of the groups.

12. Chicken and turkey are examples of \_\_\_\_\_.

**Down**

- 1. Spaghetti is a type of \_\_\_\_\_.
- 2. This makes a quick and easy "ready-to eat" breakfast with fruit and milk.
- 4. Use whole-grain \_\_\_\_\_ for your sandwiches.

6. Cheddar,Swiss and mozzarella are examples.

7. Salmon and trout are examples of \_\_\_\_\_.

10. This sweet ,smooth food comes in many different flavors and is a great way to get calcium for your bones.