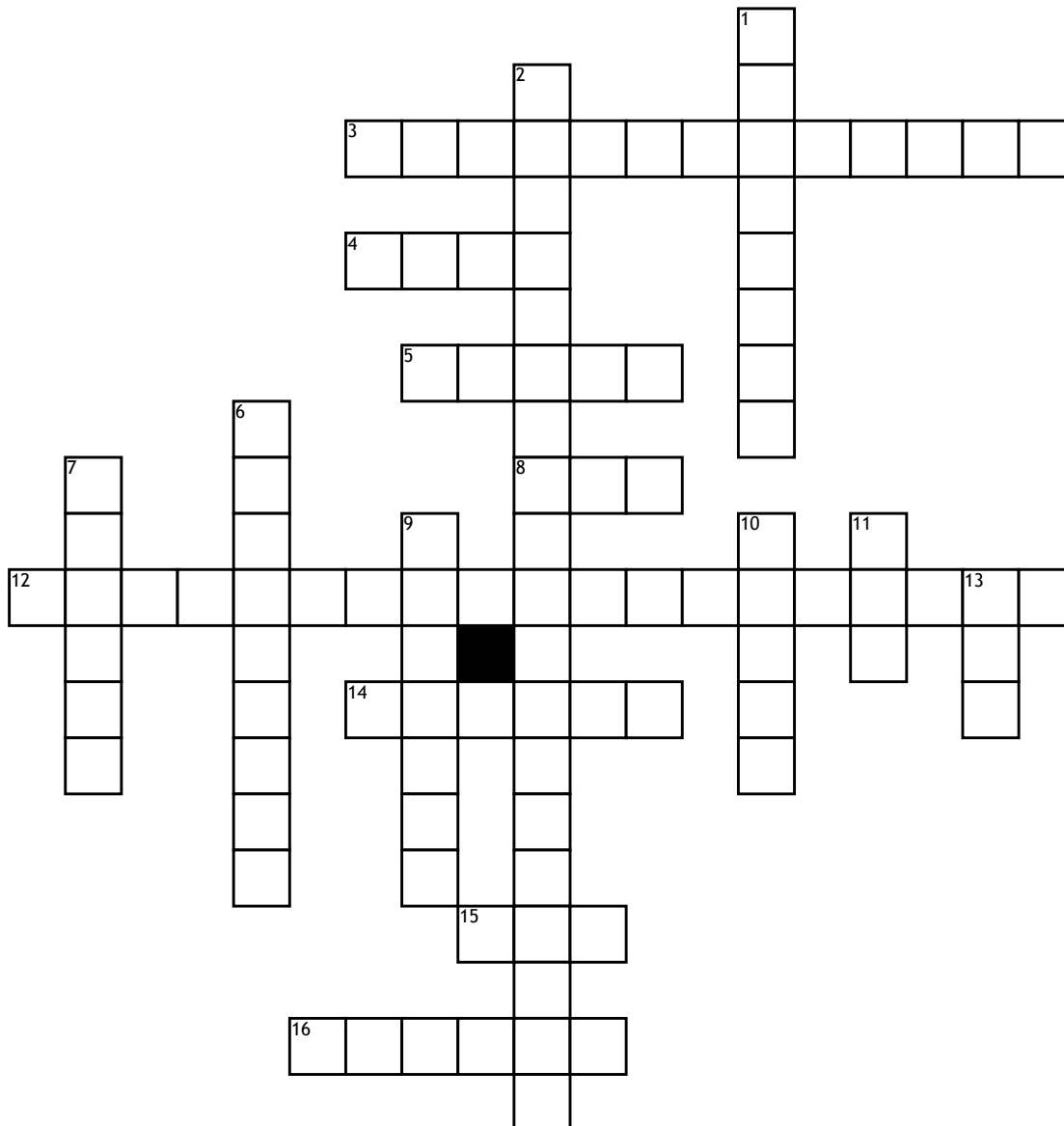


Name: _____

Date: _____

Healthy Eating



Across

3. Bread is part of which food group category?

4. Your bones get strong when drinking this.

5. The meal after breakfast and before dinner.

8. What depends on the number of servings you should have per day?

12. Salmon, chicken, and shellfish are part of which food group category?

14. What vegetable is orange and crunchy?

15. How many servings should you have of grain products per day according to the Canada Food Guide?

16. The last meal of the day.

Down

1. This vegetable looks like a mini tree.

2. Yogurt is part of which food group category?

6. The first and most important meal of the day.

7. What fruit is round, red and has a green stem?

9. Monkeys love them.

10. You need to drink _____ everyday.

11. How many servings of vegetables and fruit should you have per day according to the Canada Food Guide?

13. Scrambled, poached, and fried _____