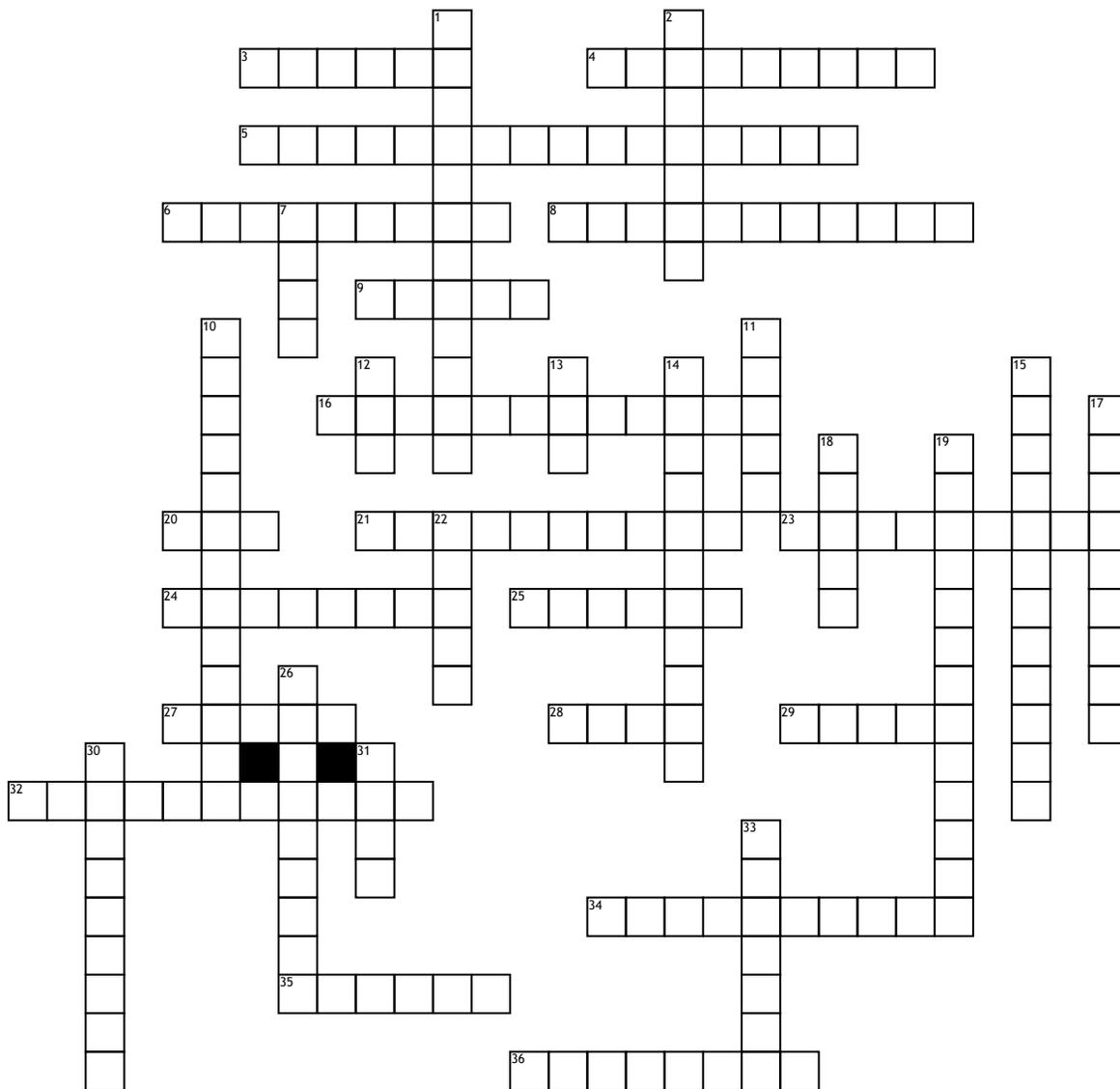


MYPLATE AND FOOD GROUPS



Across

- 3. Natural sugars are found in
- 4. This is a food made from grains
- 5. contain all the essential amino acids
- 6. How many servings of the dairy group should you have each day
- 8. Foods that contain the entire edible grain
- 9. How many kids does your teacher have
- 16. A substance that protects cells from damage
- 20. what class are you in
- 21. These proteins come from plants
- 23. These fats are found in food from animal sources
- 24. this is a healthier fat
- 25. This food is part of the milk/dairy group
- 27. A plant material that your body cannot digest

28. How many food groups are there?

- 29. name a vegetable dish that can be served as the main dish
- 32. Saturated animal fats contain this waxy substance
- 34. These are the building blocks that make up proteins
- 35. Fat cells store _____
- 36. This vitamin helps blood clot

Down

- 1. Condition in which bones gradually lose their mineral content and become weak and brittle
- 2. easy to break
- 7. This food is part of the protein group
- 10. These have no nutritional value
- 11. Fiber helps your body eliminate this
- 12. 1 slice of bread is equivalent to how many ounces of grain

13. How many ounces of the grain group should you consume each day

- 14. These fats come from plant sources and are a healthier choice
- 15. High cholesterol is linked to this
- 17. A chemical reaction that causes cell damage
- 18. This food belongs to the fruit group
- 19. Starches and sugars that give the body most of its energy
- 22. Fiber can help reduce the risk of this cancer
- 26. Asparagus are part of which food group?
- 30. This is an example of a sweet that is high in sugar
- 31. What is your teachers last name
- 33. Needed to build, repair, and maintain body cells and tissues