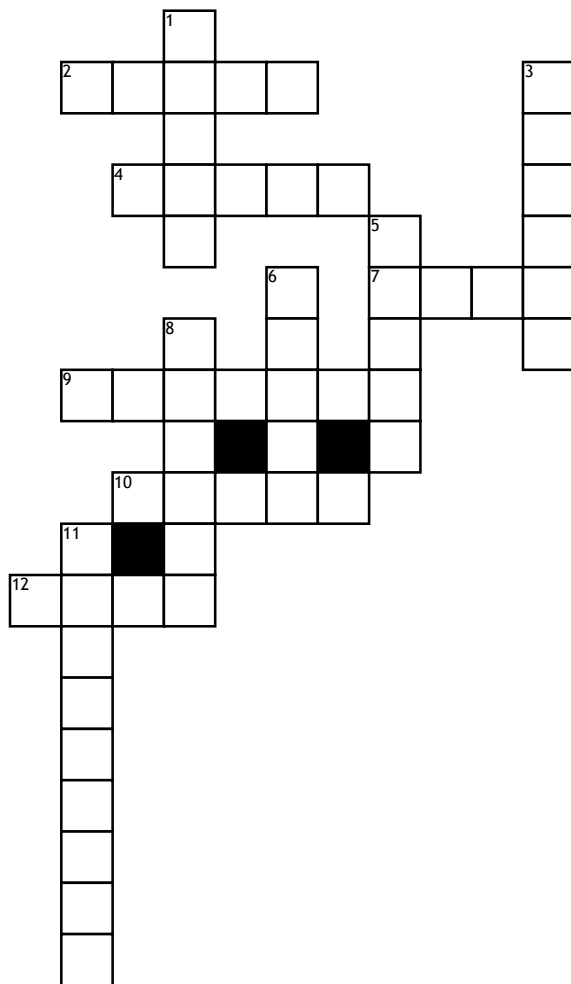


Name: _____ Date: _____

MyPlate Crossword Puzzle



Across

2. Use the My _____ as a guide

4. Apples, oranges, and bananas fit into this food group

7. You can hard-boil, scramble, fry or poach these, or eat them as an omelet. How do you like your _____?

9. Chicken and turkey are examples of _____

10. MyPlate is a _____ to help you eat a variety of foods for a healthy body

12. Lean _____ is an excellent source of protein, iron and zinc

Down

1. Milk, cheese, pudding belong to which food group

3. Cheddar, swiss, mozzarella, Monterey jack are examples of what

5. Pinto, kidney, black, refried _____ can be eaten lots of different ways

6. Use whole-grain _____ for your sandwiches

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

11. Broccoli, cucumber, celery, peppers, tomatoes and green beans are examples of a _____

Word Bank

Cheese	Bread	Guide	Dairy	Plate	Meat
Vegetable	Beans	Fruit	Protein	Yogurt	Eggs