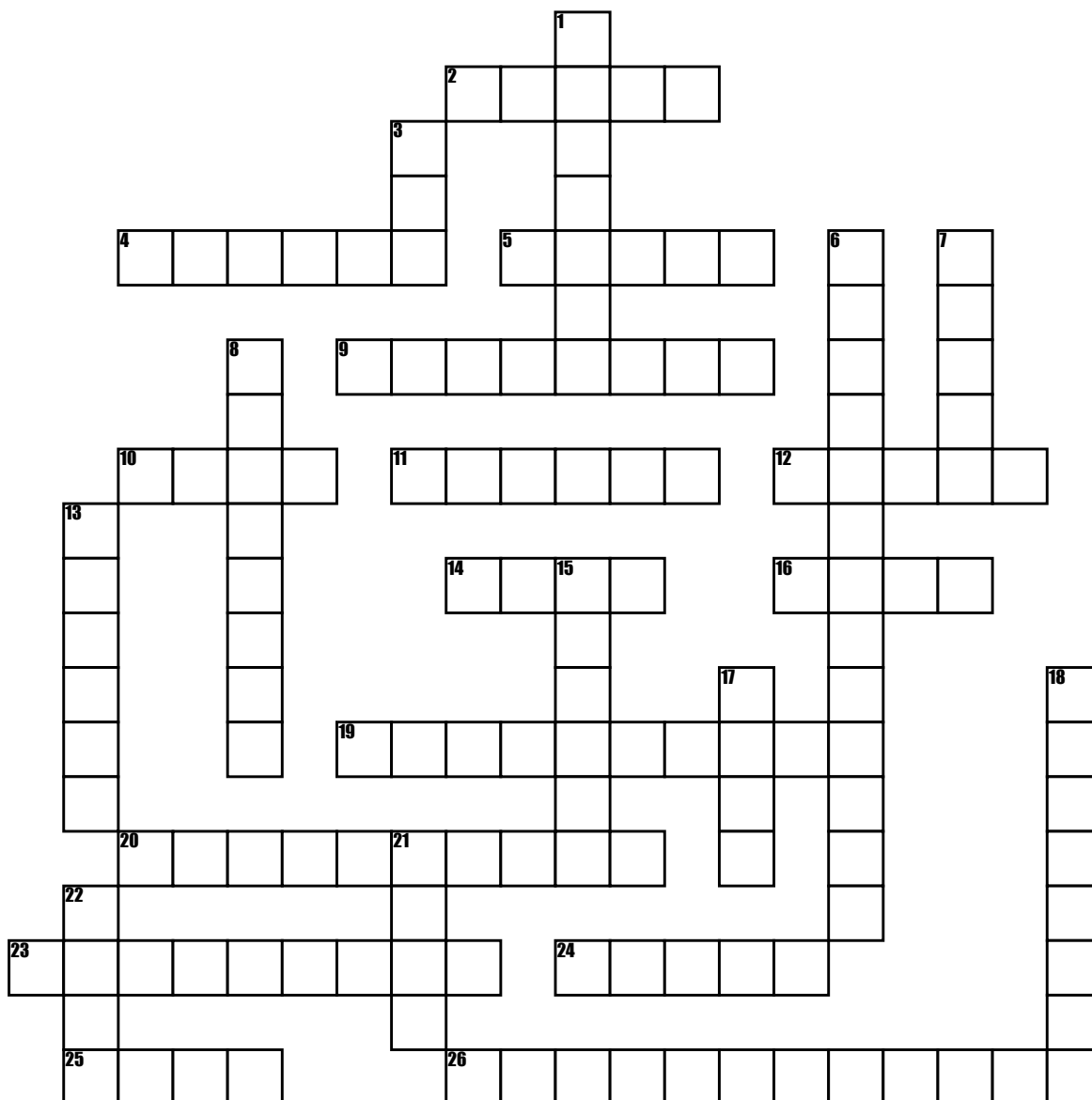


Name: _____ Date: _____ Period: _____

My Plate



Across

2. Black _____ can be cooked in many different ways

4. There are many different kinds and they smell

5. What nutrients can you get from whole fruits that is not usually found in juice

9. _____ is a Green vegetable

10. It belong in the grain group and is mainly put in Chinese food

11. you eat this in the morning before school

12. This is an Italian food

14. These can are considered as protein and can be a one the-go snack

16. What is the main food for protien

19. What fruit can't get married

20. What is the biggest fruit

23. What is a citrus fruit

24. What is the most common food in the grain group

25. What is the most common breakfast item

26. What is the only fruit that grows its seeds on the outside

Down

1. What is the most important mineral found in all foods of the Dairy Group

3. How many cups of milk should you drink in a day

6. What is a curdled dairy product

7. You can _____ if you run after eating too much protien

8. What is a green vegetable

13. What is a yellow fruit

15. What fruit is confused to be a vegetable

17. You should have 2.5 to 6.5 _____ of fruit

18. What food is considered as a source of calcium

21. A white dairy product

22. How many food groups are in my plate