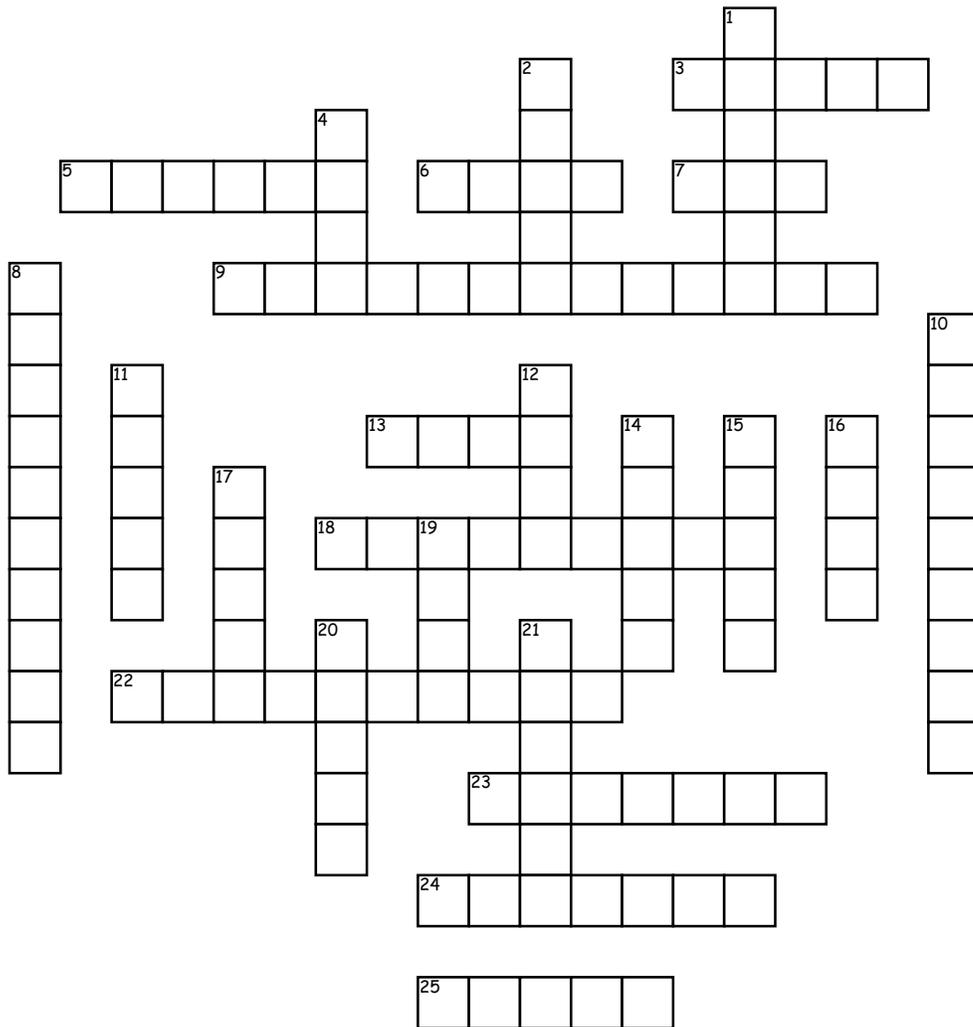


# My Plate



**Across**

- 3. What is the food in the grain group that is eaten the most in the U.S.?
- 5. What dairy product is yellow and has many different flavors?
- 6. A Yellow vegetable
- 7. How many cups of milk should you drink a day?
- 9. What dairy product is curdled milk?
- 13. How many food groups are in My Plate?
- 18. What is the main nutrient that you get from fruit?
- 22. What is the biggest fruit?
- 23. What important mineral is found in all foods in the dairy group?

24. You need 4-6 ounces of \_\_\_\_\_ should you get a day

25. What grain is used to make bread?

**Down**

- 1. What is a citrus fruit?
- 2. How many cups of fruit do children need daily?
- 4. What is the main food considered a protein?
- 8. What fruit can't get married?
- 10. Any 100% vegetable juice or vegetable is part of the \_\_\_\_\_ group
- 11. Eat a variety of \_\_\_\_\_ from each group
- 12. \_\_\_\_\_ are a green vegetables
- 14. How often do cows need to be milked daily?

15. A yellow fruit

16. A white dairy product

17. Apples, Oranges, and Bananas fit into the \_\_\_\_\_ group

19. True or False. Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain types of cancer.

20. What is the sweet juicy food group?

21. What fruit is usually confused with being a vegetable?

**Word Bank**

- |                |            |           |            |         |
|----------------|------------|-----------|------------|---------|
| foods          | meat       | orange    | five       | fruit   |
| milk           | cantaloupe | vegetable | watermelon | three   |
| Twice          | bread      | protein   | lemon      | tomato  |
| peas           | cheese     | fruit     | wheat      | calcium |
| cottage cheese | corn       | potassium | true       | one     |