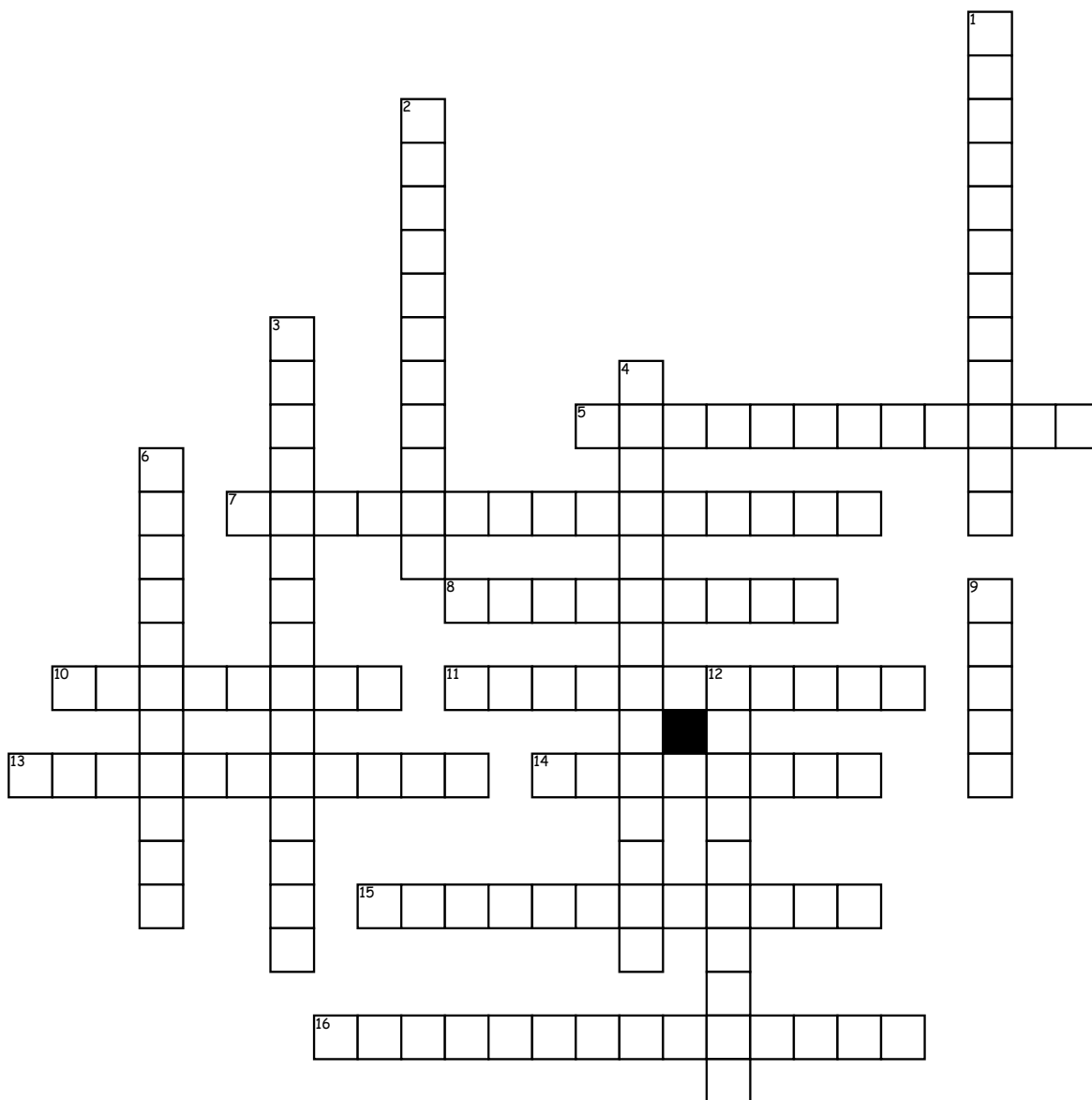


Name: _____ Date: _____ Period: _____

food servings



Across

5. 2 tbsp of peanut butter

7. 1 1/2 Oz of cheese

8. 1 piece of cornbread

10. 1 medium fruit

11. 3 oz of cooked lean meat, poultry or fish

13. 1/2 cup of icecream

14. 1/4 cup of rasins

15. 1/2 cup of fresh fruit

16. 1 cup of cereal flakes

Down

1. 1 slice of bread

2. 1 pancake

3. 1 cup of salid greens

4. 1 baked potato

6. 1/2 cup of cooked rice, pasta or potato

9. 1 tsp margarine or spreads

12. 3 oz of grilled/bake fish