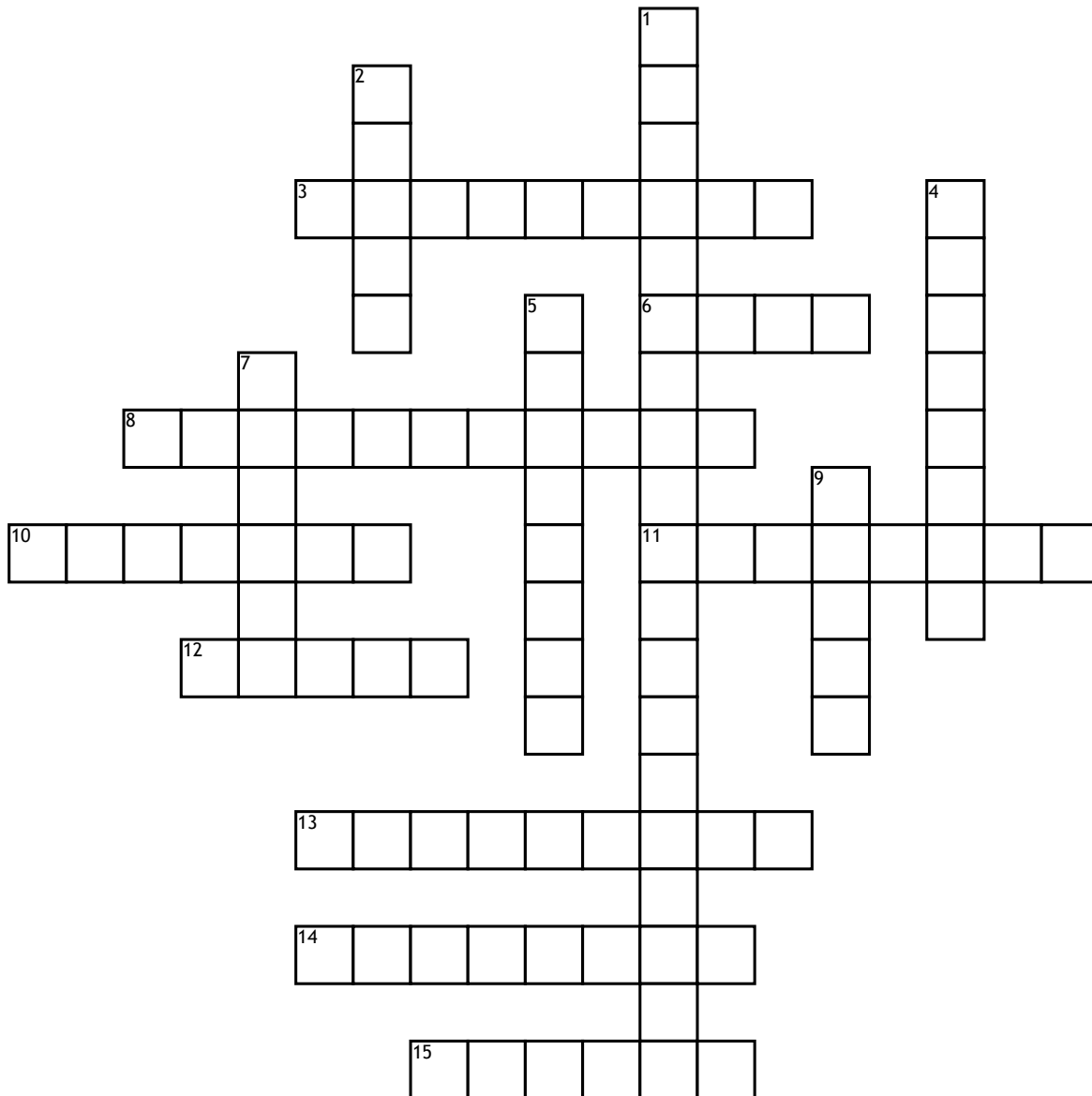


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# healthy eating



## Across

3. Bananas are known for having a lot of this.  
 6. A healthy, low fat form of milk  
 8. Most of your carbohydrates should be:  
 10. An important component found in milk that helps bone growth  
 11. Orange juice is very high in this vitamin  
 12. This type of fat is found in fish and helps heart function.

13. The most important meal of the day

14. This leafy green vegetable is high in fiber and vitamin C

15. This dairy product should be eaten in small portions because of its above average fat content

## Down

1. The food group you should be getting the most servings from

2. You should eat this color rice.

4. This is a healthy cooking oil because it is high in healthy fat.

5. This type of fat lowers your good cholesterol and increases your bad cholesterol.

7. Having too much of this on your french fries

9. Meat should be \_\_\_\_\_ instead of fried.