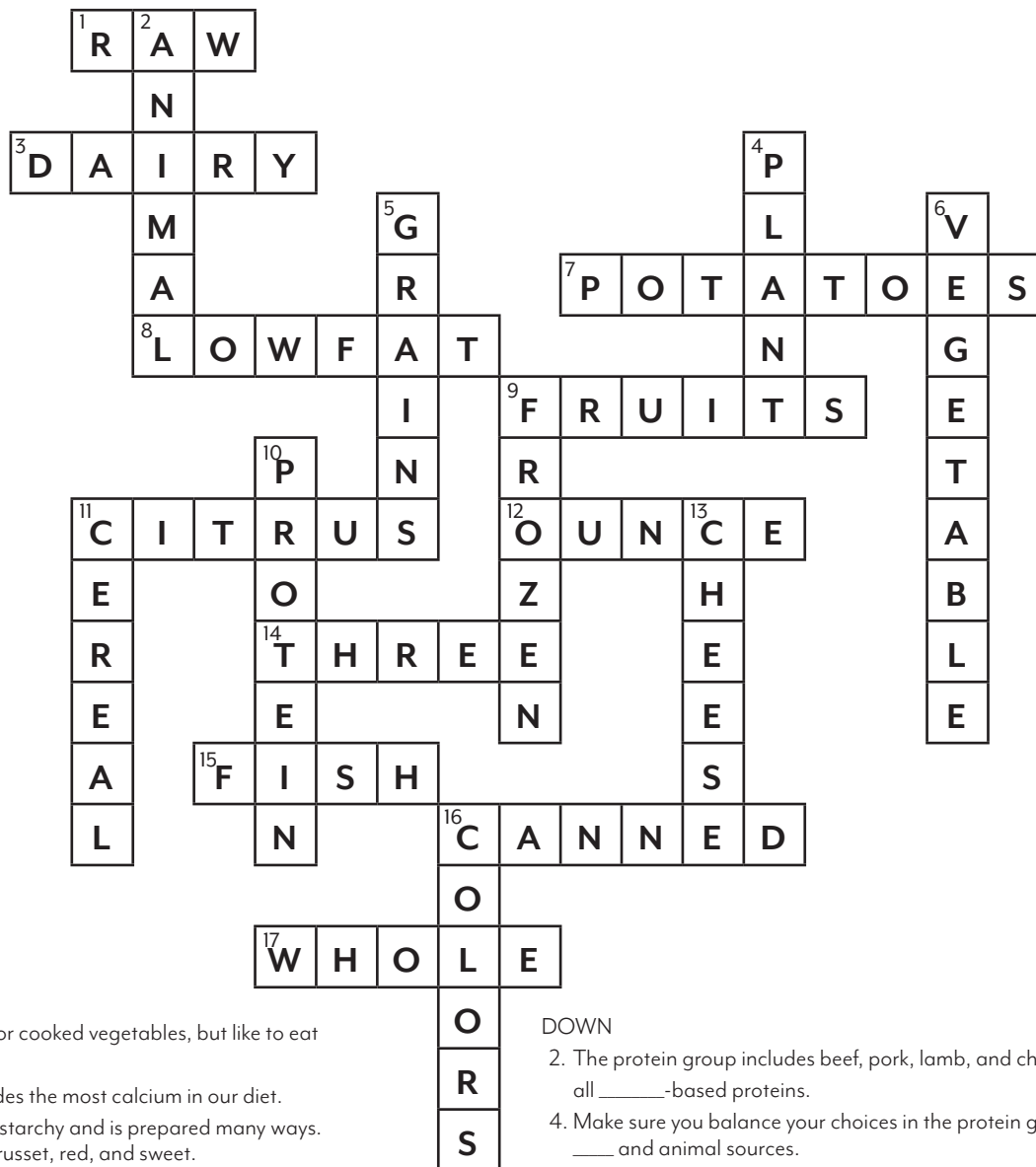


BASIC FOOD GROUPS CROSSWORD



ACROSS

- Children often don't care for cooked vegetables, but like to eat them ____.
- The food group that provides the most calcium in our diet.
- This common vegetable is starchy and is prepared many ways. Common types are white, russet, red, and sweet.
- When possible, choose ____ foods, especially from the dairy and protein groups.
- This food group has natural sugars and is rich in vitamins and minerals. Often peeled and eaten raw.
- This group of fruits is high in vitamin C, usually round, and comes in different colors and flavors.
- A slice of bread is generally considered one _____. Our intake in the grain group is measured in these.
- How many cups of dairy are recommended for everyone except young children?
- The protein group includes red meats, poultry, and what other important animal-based protein?
- A convenient way to preserve foods while maintaining the nutritive value and giving them a long shelf life. These foods are _____.
- When choosing foods from the grains group, make half of them ____ to get more fiber.

DOWN

- The protein group includes beef, pork, lamb, and chicken. These are all _____-based proteins.
- Make sure you balance your choices in the protein group between ____ and animal sources.
- This food group provides energy and fiber. It is served many different ways.
- This food group can be eaten raw or cooked and is rich in vitamins and minerals while low in calories.
- A great way to preserve foods and keep them tasting fresh and healthy, but requires a very low temperature for storage. These foods are _____.
- This food group includes animal- and plant-based foods like chicken, beef, beans, and so much more.
- A group of grains that are often eaten for breakfast is called _____.
- This tasty food from the dairy group is made in many varieties and served alone or in other foods. It is rich in calcium and protein.
- An easy way to get an assortment of vitamins and minerals from fruits and vegetables is to eat many different _____.