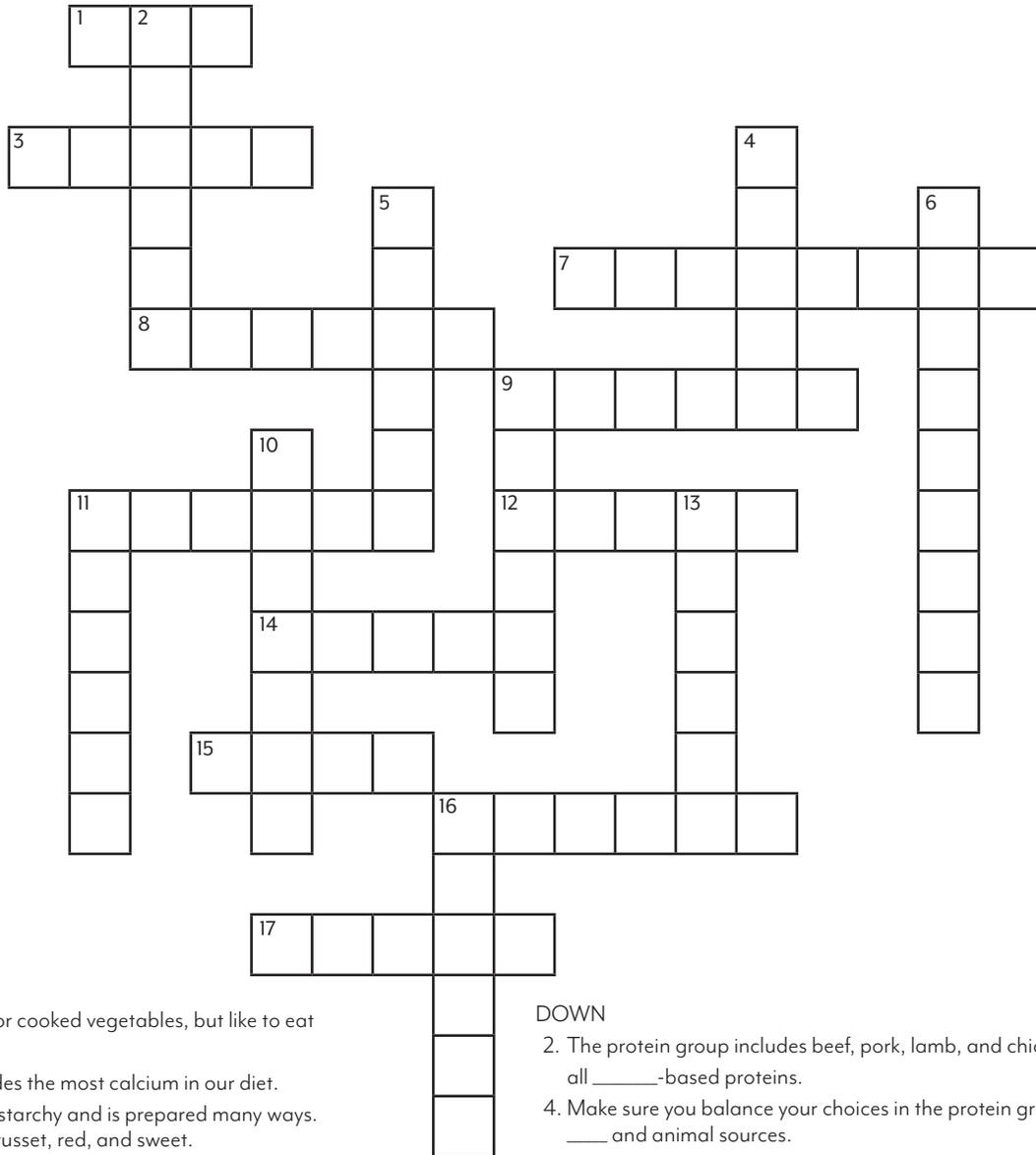


BASIC FOOD GROUPS CROSSWORD



ACROSS

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

DOWN

2. The protein group includes beef, pork, lamb, and chicken. These are all _____-based proteins.
4. Make sure you balance your choices in the protein group between ____ and animal sources.
5. This food group provides energy and fiber. It is served many different ways.
6. This food group can be eaten raw or cooked and is rich in vitamins and minerals while low in calories.
9. A great way to preserve foods and keep them tasting fresh and healthy, but requires a very low temperature for storage. These foods are _____.
10. This food group includes animal- and plant-based foods like chicken, beef, beans, and so much more.
11. A group of grains that are often eaten for breakfast is called _____.
13. 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.
16. An easy way to get an assortment of vitamins and minerals from fruits and vegetables is to eat many different _____.