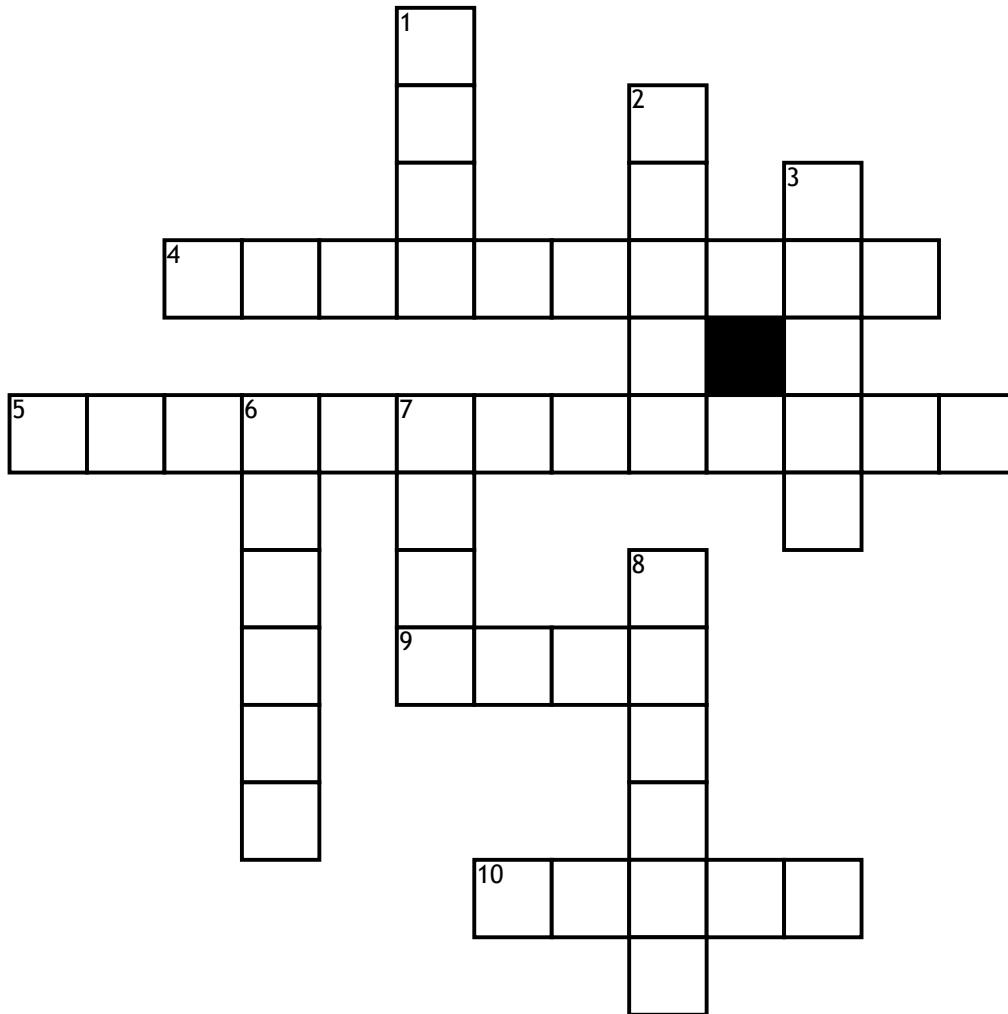


Name: _____

Date: _____

5 Food Groups



Across

4. carrots, onions, and celery are included in this food group

5. group that is your main source of energy

9. the amount of calories in a protein

10. you should drink about 8 cups of _____ each day

Down

1. the amount of calories in a gram of fat

2. we should be getting about 25-35 grams of _____ per day to regulate our digestive system

3. Food group that has the most protein

6. a yellow fruit that contains a lot of potassium

7. at least _____ of your grains should be whole grains

8. contains apples, bananas, and pears