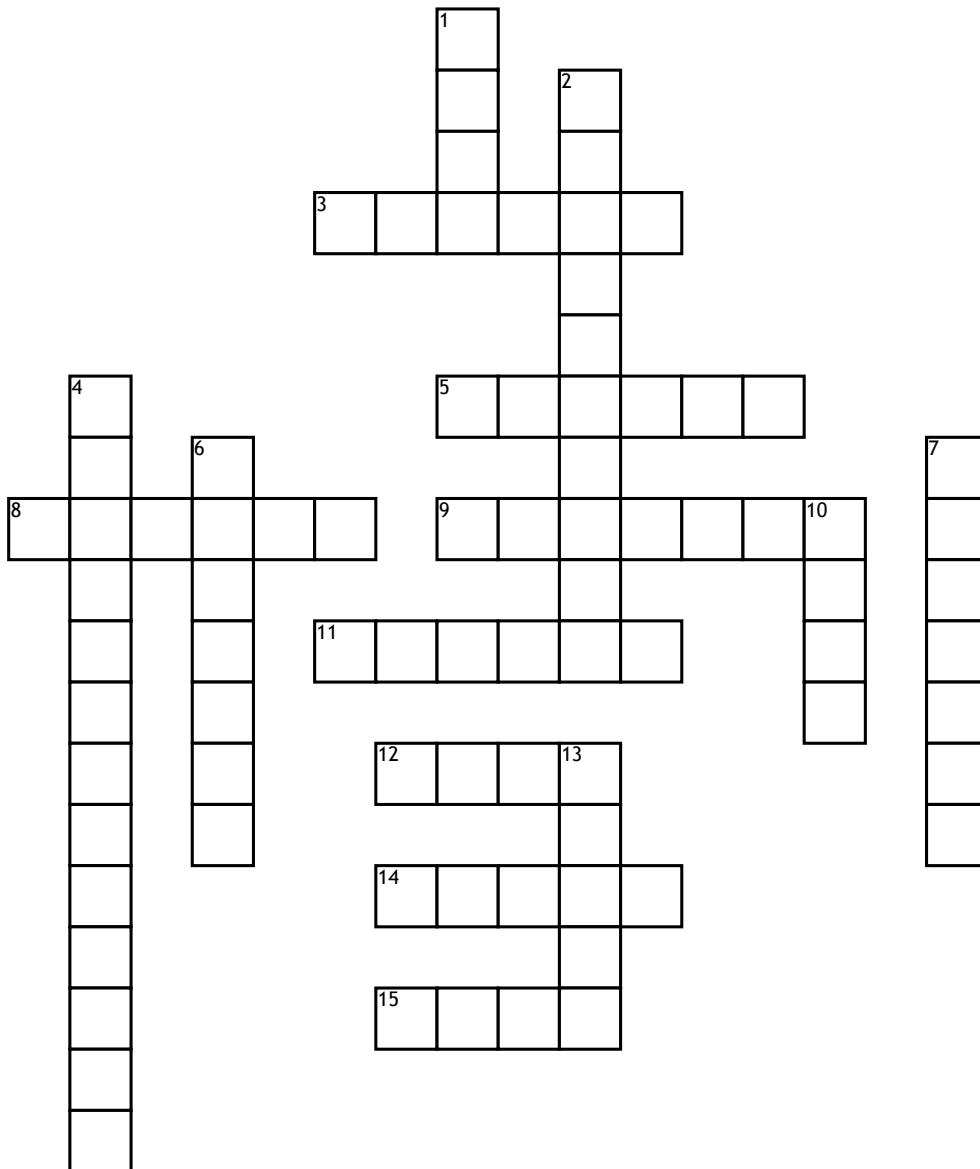


Food



Across

3. Meats and beans gives you _____ for the day.
5. What are grains rich in?
8. You should try to eat _____ with every meal.
9. _____ helps build bones.
11. _____ means breakdown and use

12. Carbohydrates help us digest our what?

14. Rice is a type of _____.

15. We want to keep our _____ nice and strong.

Down

1. There are ___ major food groups.

2. Corn and carrots are what type of food group?

4. Your body needs what for energy?

6. Vegetables are full of _____. A and C.

7. Eating right and exercising keeps you what?

10. _____ has calcium.

13. Another word for Milk Group is _____