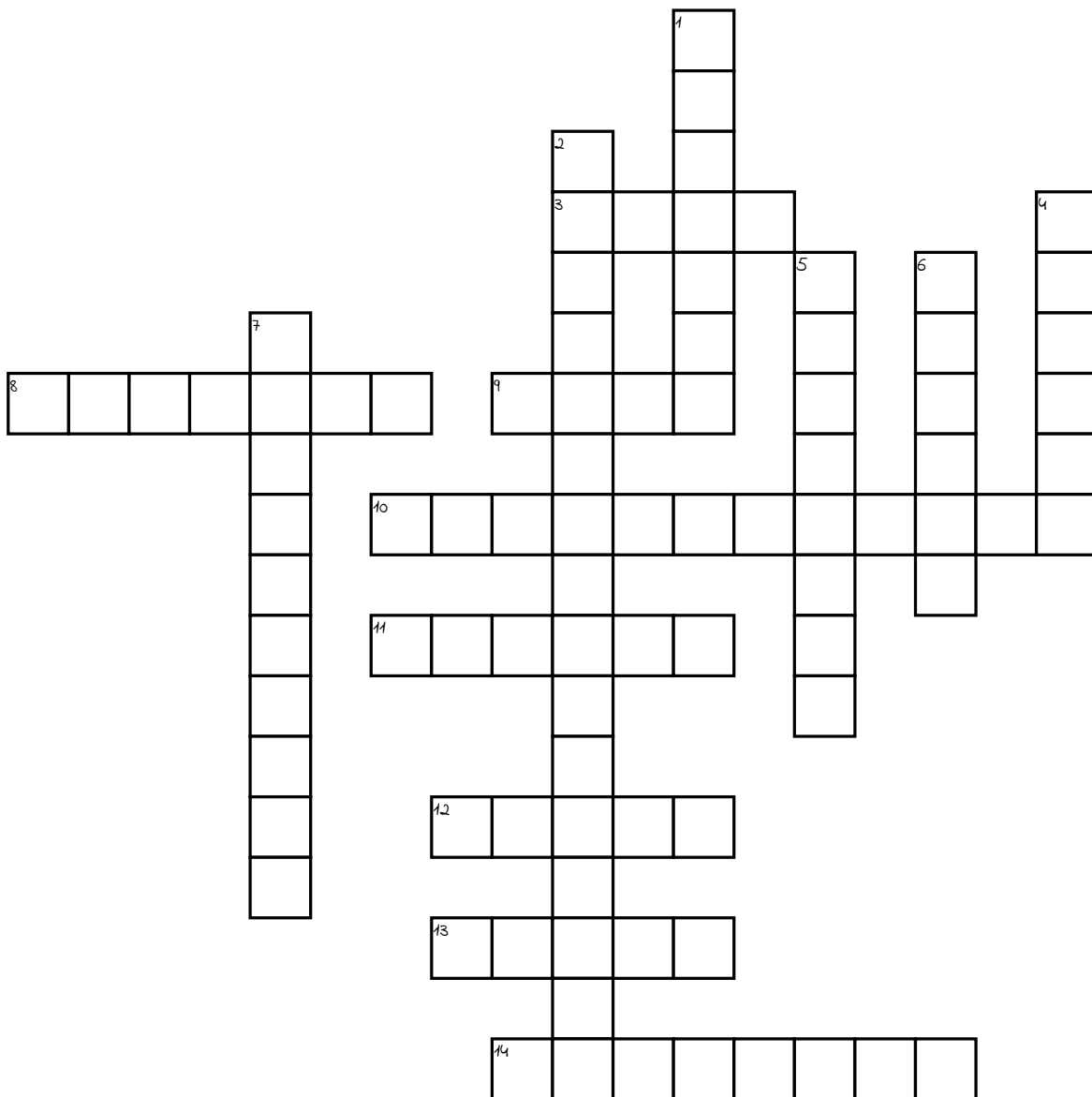


# MyPlate word Search!



**Across**

- 3. It is good to make \_\_\_\_\_ our grains, whole grains
- 8. This food group comes from animals and fish
- 9. How many food groups are there?
- 10. This type of drink can lead to diabetes, heart disease and other health conditions
- 11. This round, red food is considered a fruit

12. This food group comes from what cows produce

13. This color food is known to lower blood pressure

14. It is good to drink a lot of water so we stay \_\_\_\_\_

**Down**

1. The United States of America follows \_\_\_\_\_, not a food pyramid

2. \_\_\_\_\_

\_\_\_\_\_ helps prevent diabetes, obesity and generally keeps us healthy

4. This food group is considered a seed bearing structure (has seeds in it)

5. It is good to make our plates \_\_\_\_\_, so we get variety in our diets

6. bread is part of this food group

7. This food group has stems, leaves and roots