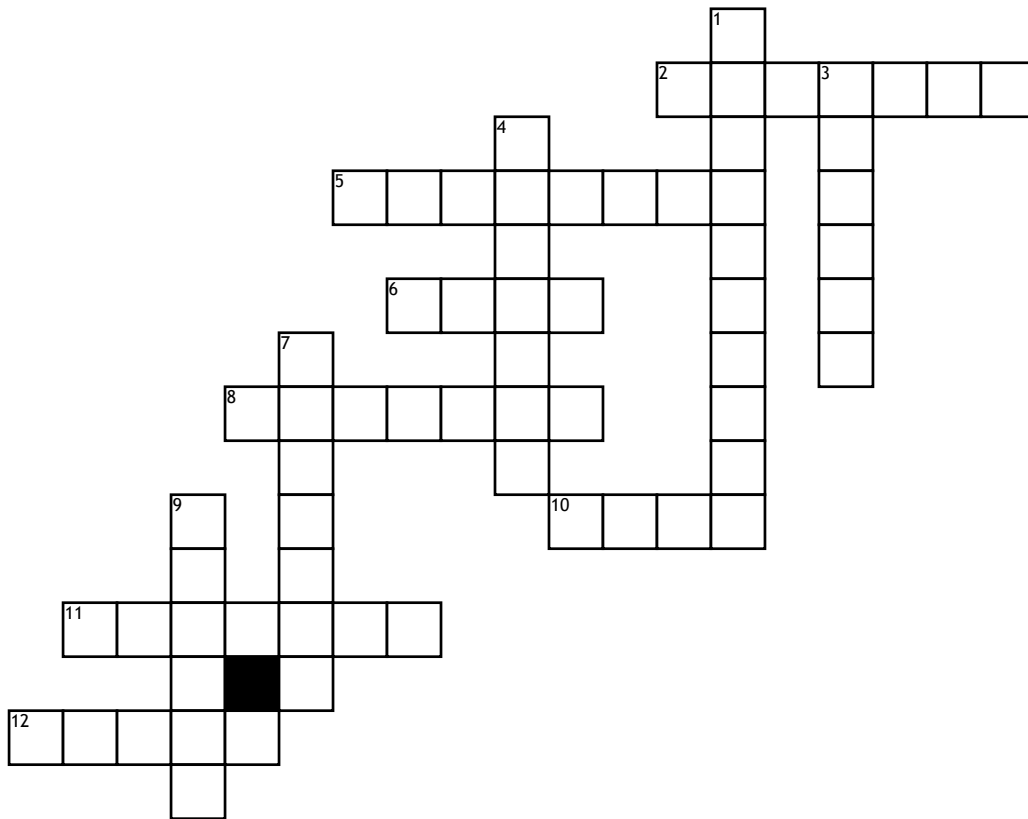


# My Plate Crossword



**Across**

- 2. milk is high in this mineral
- 5. get physical
- 6. squirrels eat this too
- 8. food unit of energy

10. famous iowa vegetable

- 11. not sick
- 12. both a vegetable and a protein

**Down**

1. sometimes seedless

3. brighter is better

- 4. builds muscle
- 7. bugs bunny favorite
- 9. whole is best

**Word Bank**

- |         |            |         |          |
|---------|------------|---------|----------|
| grains  | calcium    | carrots | corn     |
| protein | watermelon | calorie | exercise |
| healthy | nuts       | beans   | colors   |