**Name: \_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_**

**ACROSS**

1. What major epidemic is connected with the 4 highest killers (cancer, stroke, heart disease, diabetes) in the USA?

5. These are just units of energy/heat. They are the fuel for your body to function.

7. Fruit juices have lots of added \_\_\_\_\_\_\_\_, which greatly contributes to childhood obesity

10. What fraction of your meal should be made of fruits and vegetables?

12. When foods have been enhanced with extra vitamins or minerals, they have been \_\_\_\_\_\_\_\_ (i.e. milk gets extra vitamin A&D)

13. What food group includes yogurt, milk, and cheese?

15. Make sure you get at least 64 oz. a day of this essential nutrient

17. These type of calories are low in nutrients but high in calories

18. You should eat at least 8 oz. of this each week

20. What is the government organization that produces the dietary guidelines and MyPlate?

21. When choosing this food, choose colors that are dark green, red and orange for best nutrient density

**MYPLATE CROSSWORD PUZZLE**



**Down**

2. You should get at least 60 minutes of this a day

3. Half of your grains should be \_\_\_\_\_\_\_\_\_ grains

4. What food group includes nuts, meat, poultry, seafood and beans?

6. What food group includes oranges, apples, papaya, mangos and pineapple?

7. Check the label for levels of \_\_\_\_\_\_\_\_\_\_: a major contributor to high blood pressure (bread and canned soups are very high in this ingredient)

8. Watch your \_\_\_\_\_\_\_\_\_\_ size, so that you eat the right amount for you to be healthy

9. The USDA updates the dietary guidelines every \_\_\_\_\_\_ years

11. Choose proteins that are \_\_\_\_\_\_\_\_, meaning low in fat

14. Choose calories that are nutrient \_\_\_\_\_\_\_, meaning they are high in nutrients but low in calories

16. What major mineral is located in our milk for strong and healthy bones?

19. What food group includes pasta, breads, cereals and rice?

22. Choose dairy that is \_\_\_\_\_\_\_\_\_, at least 1%

KEY:

**ACROSS**

1. Obesity

5. Calories

7. Sugars

10. Half

12. fortified

13. Dairy

15. Water

17. Empty

18. Seafood

20. USDA

21. Vegetables

**Down**

2. Exercise

3. Whole

4. Protein

6. What food group includes oranges, apples, papaya, mangos and pineapple?

7. Sodium

8. Portion

9. Five

11. Lean

14. Dense

16. Calcium

19. Grains

22. Lowfat