12. Vegetables may be ___ or cooked.
13. If you ____ the house instead of watching TV, you will burn twice the calories.

ACROSS:

8. This favorite breakfast drink is part of the MyPlate dairy group.
15. Dried beans (high in fiber).
16. Balance ____ to control weight.
17. This cooked breakfast cereal is a whole grain.
18. Most people can do this exercise.
19. An animal that swims - good for your heart.
20. The white part of a grain kernel, used for white flour.
21. A____ of wheat contains the endosperm, germ and bran.
22. This high-calcium dairy food is eaten with a spoon.

DOWN:

1. Grains that have the whole kernel intact.
2. MyPlate group that contains apples.
3. MyPlate group that contains winter squash, lettuce.
4. Whole grain version of rice.
5. Grains that are not whole.
6. Choose dairy products that are low in saturated ____.
7. One way to increase strength is to ____ weights.
8. MyPlate took the place of this old food guide.
9. Contain healthy fat and include walnuts and almonds.
10. You should exercise daily for a minimum of ___ minutes.
11. Most people need to drink 3 ____ of milk per day.
12. Vegetables may be ___ or cooked.
13. If you ____ the house instead of watching TV, you will burn twice the calories.

ACROSS:

8. milk
15. legumes
16. energy
17. oatmeal
18. walk
19. fish
20. endosperm
21. kernel
22. yogurt
23. skim
24. ounce
25. protein
26. garden

DOWN:

1. whole grains
2. fruit
3. vegetable
4. brown rice
5. refined grains
6. fat
7. lift
8. mypyramid
9. nuts
10. thirty
11. cups
12. raw
13. clean

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