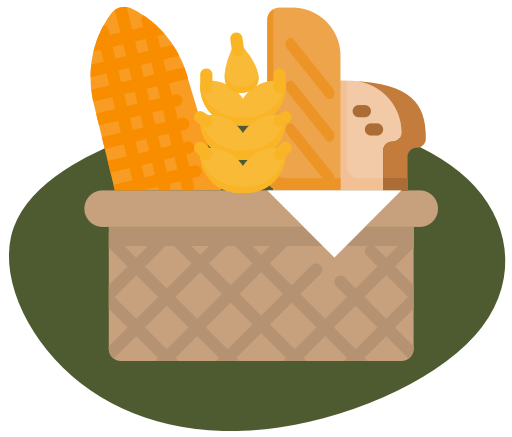
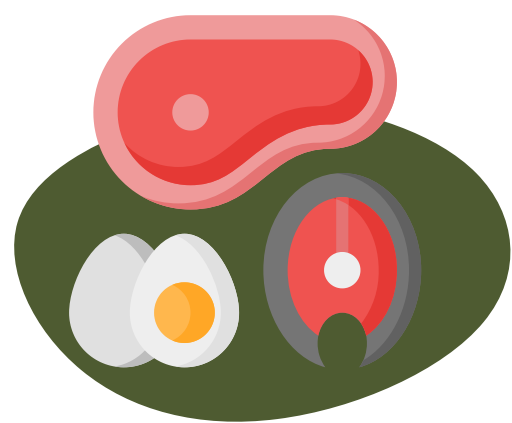


# 5 Food Groups For Fuel



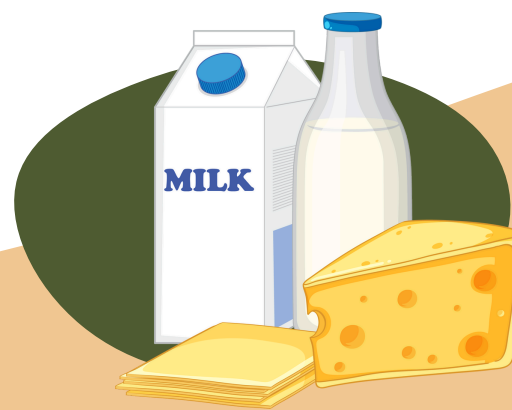
## Grains

This nutrient gives your body energy. Eating rice, pasta, bread, potatoes, and cereals give your body **energy**. Half of these you eat should be **whole** grain. Try to fill 1/4 of your plate with grains!



## Protein

**Protein** helps to grow and build strong muscles. Eating eggs, beans, and meat give your body protein. Try to fill 1/4 of your plate with protein!



## Dairy

**Dairy** helps to grow strong bones and teeth. Eating yogurt, cheese, and milk help with this! Try to have 1 cup of **dairy** with every meal!



## Fruits

Fruit gives your body vitamins. Eating apples, oranges, berries, bananas, and grapes or even **tomatoes** gives your body **vitamins**. Try to fill **half** of your plate with fruits and vegetables!



## Vegetables

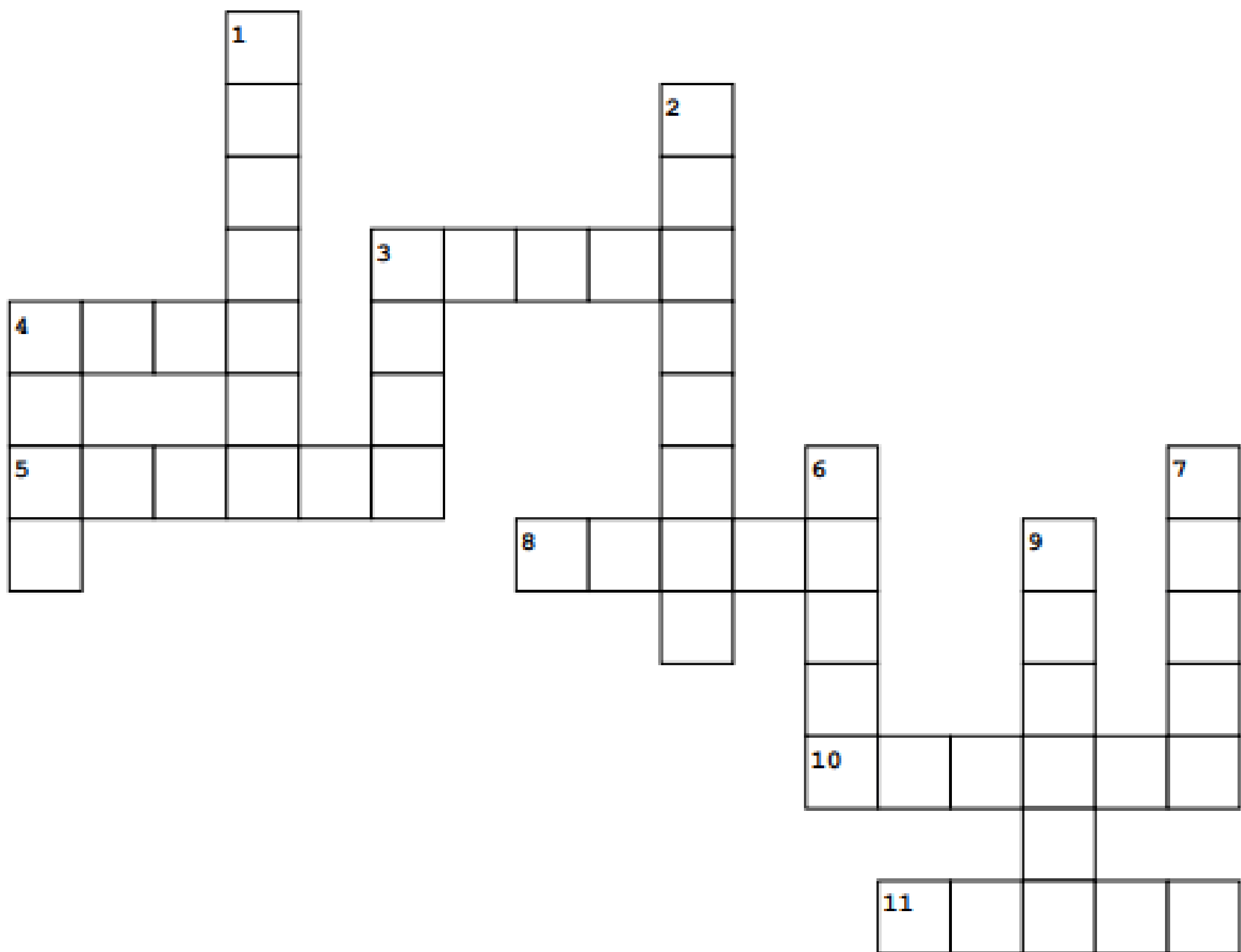
Vegetables give your body **vitamins**. Eating **carrots**, peas, broccoli, and peppers are good choices. Try to eat **five** servings of vegetables or fruit a day!



GATHER  
2 GROW

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# Nutrition Crossword Puzzle



## Across

3. A tomato is not a vegetable, but it is a \_\_\_\_.
4. How many servings of fruits and vegetables should you have a day?
5. An orange fruit that can help keep you from getting sick.
8. A meal that comes after breakfast and before dinner.
10. Eating foods made out of grains gives your body this.
11. A liquid you should try to drink each day.

## Down

1. A nutrient that helps you to grow and build strong muscles.
2. Eating fruits and vegetables gives your body these.
3. The number of food groups you should try to eat from each day.
4. Eating \_\_\_\_ gives your body nutrients.
6. Half of the grains you eat should be \_\_\_\_.
7. Eating foods from this food group helps you to grow strong bones and teeth.
9. An orange vegetable that is good for your eyes.