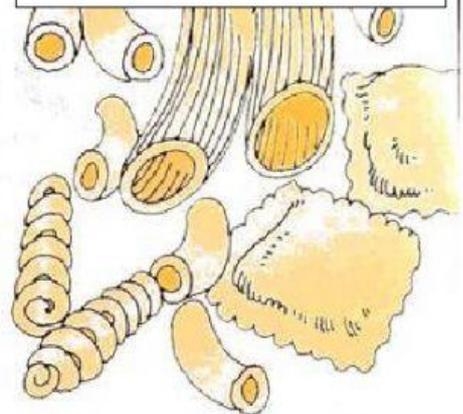


Food Groups

A balanced diet is important for good nutrition. Nutrition is the science that deals with food and how the body uses it. There are five major food groups that nutrition experts recommend: (1) breads, cereals, rice, and pasta; (2) vegetables; (3) fruits; (4) milk, yogurt, and cheese; and (5) meat, poultry, fish, dried beans and peas, eggs, and nuts. Fats and sweets should be eaten in small quantities. A good diet helps prevent certain diseases and supplies the body with the energy needed to perform every action we make. The body needs good nutrition to help maintain all its functions and regulate the body processes.



Across

- 5. You get energy from these in bread, rice, and potatoes.
- 6. This liquid is good for strong bones and teeth.
- 7. This is another word for carbohydrates.
- 8. This oily substance gives you energy and keeps you warm.
- 9. This comes from ocean water. You sprinkle it on your food.
- 10. Spaghetti is one kind.

Down

- 1. It makes food sweet, but too much can cause cavities.
- 2. These come from plants, often taste sweet, and are good to eat every day.
- 3. A kind of food that has protein you need to grow.
- 4. You should eat several servings a day from this food group.

carbohydrates
fat
fruits
meat
milk
pasta
salt
starches
sugar
vegetables