

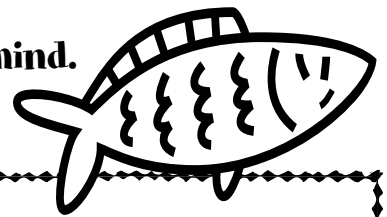
Name _____

LET'S EAT RIGHT!



MyPyramid tells us these words are key,
Important to know, I hope you'll agree.

Hidden in all directions, you will find,
Lots of "eat smart" words to keep top of mind.



LOOK FOR THE FOLLOWING:

6 GRAIN FOODS

- popcorn
- rice
- bun
- pasta
- cereals
- oats

5 GREEN VEGETABLES

- broccoli
- celery
- spinach
- beans
- lettuce

3 RED FRUITS

- apple
- cherries
- strawberry

4 MEAT & BEANS FOODS

- eggs
- turkey
- ham
- tuna

3 LOW FAT MILK FOODS

- cheese
- yogurt
- milk

6 NUTRIENTS

- protein
- water
- vitamins
- minerals
- carbohydrates
- fat

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| P | O | T | A | T | K | R | E | T | A | W | L |
| O | C | A | B | V | R | S | S | I | S | B | E |
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| C | E | L | E | R | Y | T | R | B | A | A | T |
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| N | E | S | S | M | C | D | B | M | I | A | E |
| S | T | A | O | N | H | Y | E | N | L | N | O |
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| I | N | U | B | K | R | O | R | R | C | T | L |
| E | C | I | R | R | R | B | Y | A | C | R | A |
| T | S | U | A | E | I | R | S | L | O | U | E |
| O | T | T | G | M | E | A | O | S | R | G | R |
| R | O | G | U | W | S | C | D | O | B | O | E |
| P | S | G | S | P | I | N | A | C | H | Y | C |