

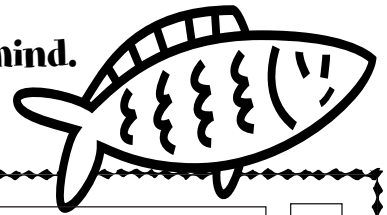
ANSWERS

LET'S EAT RIGHT!



MyPyramid 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
P	H	F	C	A	I	E	T	A	T	E	T
C	E	L	E	R	Y	T	R	B	A	A	T
O	E	A	M	A	H	A	A	R	O	N	U
R	S	T	F	R	S	R	W	M	I	S	C
N	E	S	S	M	C	D	B	I	I	A	E
S	T	A	O	I	H	Y	E	N	L	N	O
N	A	P	P	L	E	H	R	E	O	U	S
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