

## Your Daily Food Choices

# A Key to a Good Eating Plan

**Directions:** Complete this word scramble to identify the key to healthy food choices. The definition provides a clue for each word. Write the answer in the blanks provided, one letter per blank. Unscramble the circled letters to discover the word that belongs in the key.

1. \_\_\_\_\_ (O) \_\_\_\_\_ Something about you that influences the food choices you make.

2. \_\_\_\_\_ (O) \_\_\_\_\_ This is used to sell food products.

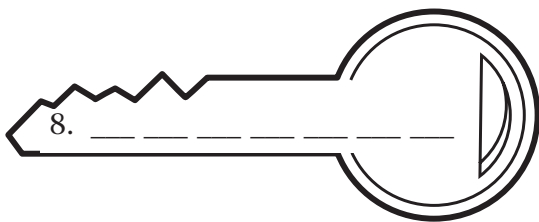
3. \_\_\_\_\_ (O) \_\_\_\_\_ What is needed to evaluate food claims. (2 words)

4. \_\_\_\_\_ (O) \_\_\_\_\_ A term that means avoiding extremes when you choose how much to eat.

5. \_\_\_\_\_ (O) \_\_\_\_\_ How often you eat snacks and meals during a day. (2 words)

6. \_\_\_\_\_ (O) \_\_\_\_\_ Besides meals, you probably eat these most days.

7. \_\_\_\_\_ (O) \_\_\_\_\_ The most important meal of the day.



8. \_\_\_\_\_

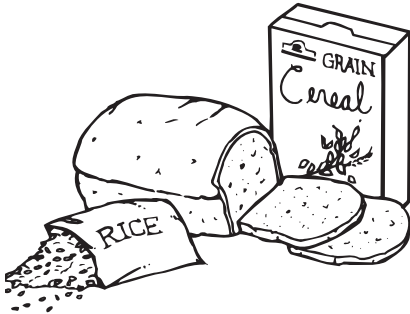
The key to satisfaction in making food choices.

## My Pyramid

# Food Groups and Nutrients

**Directions:** The five main food groups from MyPyramid are shown below. Match the nutrients listed below to the food groups they come from. Write the letter of the food group(s) in the blank(s) to the left of each nutrient. Some nutrients are found in more than one food group, so blanks are given for each food group.

A. Grain Group



B. Vegetable Group



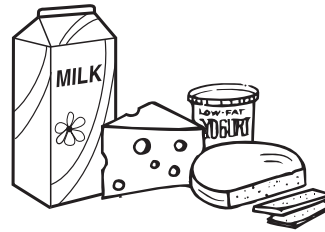
C. Fruit Group



D. Meat & Beans Group



E. Milk Group



### Nutrients

- |                       |                        |
|-----------------------|------------------------|
| 1. _____ Calcium      | 7. _____ Potassium     |
| 2. _____ Carbohydrate | 8. _____ Protein       |
| 3. _____ B vitamins   | 9. _____ Beta-carotene |
| 4. _____ Fiber        | 10. _____ Vitamin C    |
| 5. _____ Iron         | 11. _____ Zinc         |
| 6. _____ Magnesium    |                        |

My Pyramid

# Hidden Foods

**Directions:** Hidden in the puzzle below are 20 common foods. They may be listed forward, backward, horizontally, or vertically. Circle the foods, then decide in which food group they belong. Write the names of the foods in the blanks under the correct food group names.

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

Grain Group	Vegetable Group	Fruit Group	Meat & Beans Group	Milk Group