

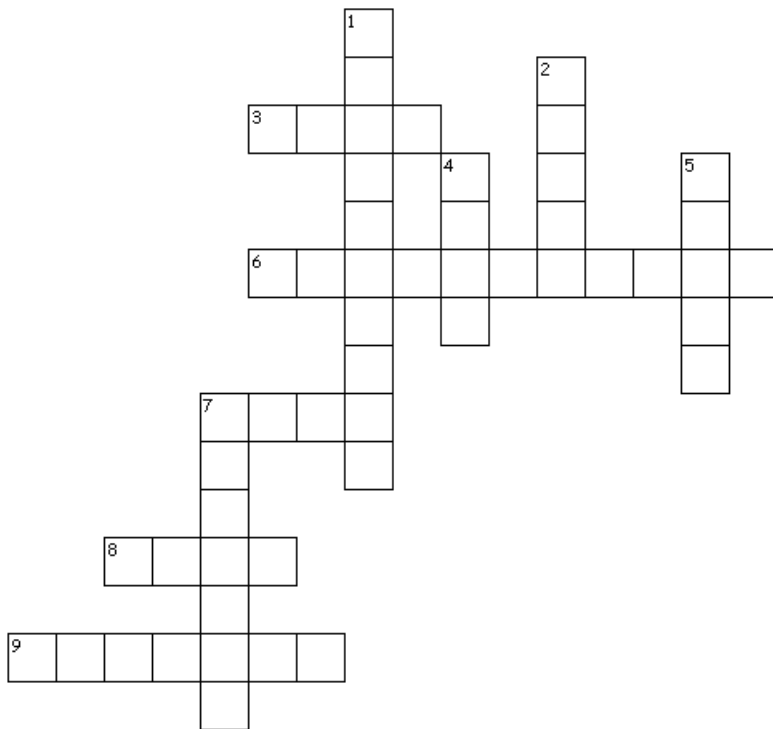
Patch of the Month

May 2010 (Grades 6-12)



Eat Healthy

Complete the crossword below to learn about eating healthy!



Across:

3. Beans and _____ are part of the meat group.
6. Vegetables do not have any _____.
7. Girls between the ages of 14-18 should have around 2.5 _____ of vegetables daily.
8. Teenage girls should eat meat to keep their _____ levels high.
9. Dairy is an excellent source of _____, which helps build strong bones.

Down:

1. Many grains have B vitamins, which helps with _____.
2. Eating food with fiber can help reduce the risk of coronary _____ disease.
4. For dairy products, choose low-fat or fat-_____.
5. Fruits such as bananas and apricots have potassium, which helps maintain healthy _____ pressure.
7. Eating fruit as a snack can help lower _____ intake.