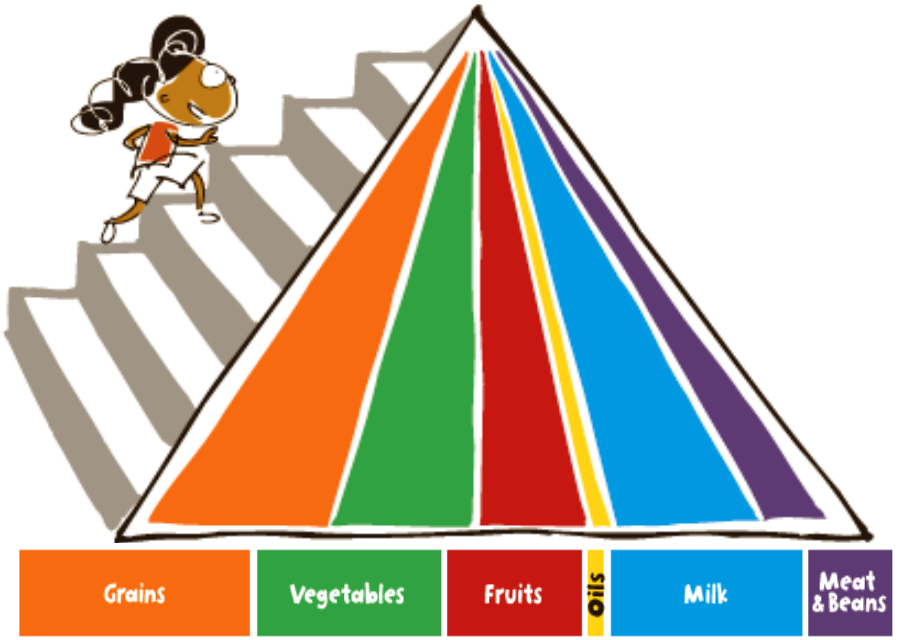
Colonial Nutrition Newsletter

Variety

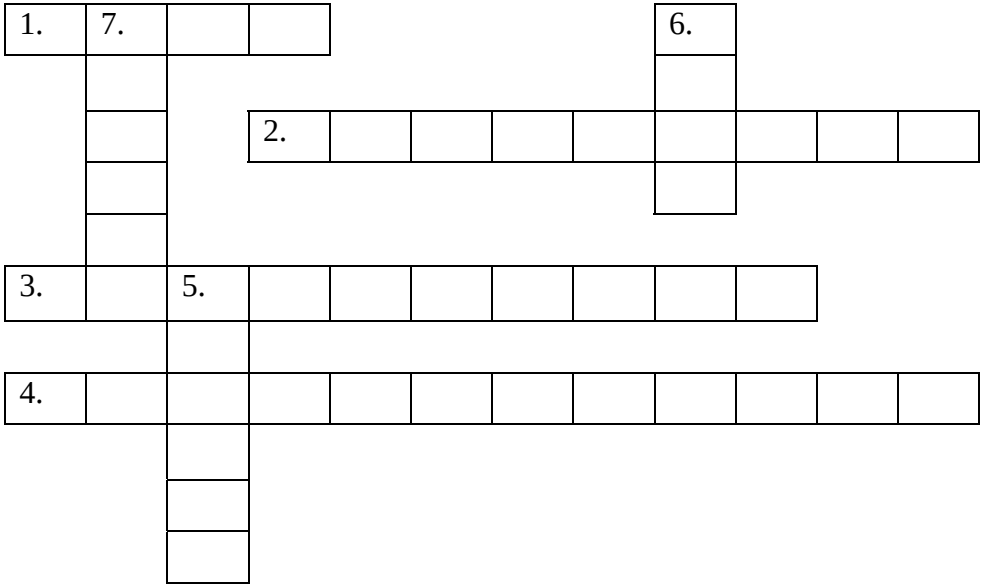
The food guide pyramid shows that each food group is just as important as the others because the groups are all side by side. There are some food groups that we need to eat a little more from than the others. This is why some of the lines on the pyramid are wider than the others. When we eat some of each of the food groups every day we get the important things our body needs from each group. When we skip a group, we miss the nutrients we needed from that group. So don't forget to have some grains, vegetables, fruit, milk, meat and beans today!



Across

1. This vegetable is yellow and grows on a cob.
2. In Colonial School District, this is the most popular flavor of milk.
3. Squash, Green Beans, and carrots are in this food group.
4. Your body needs protein to grow healthy and strong. Protein can be found in this food group, which contains chicken, ham, and a bowl of chili.

Down

5. If you are eating bread, dry cereal, or pasta, what food group are you eating from?
6. Milk, yogurt, and cheese are found in this group.
7. This food is orange, round, and is found in the fruit group.

(Hint: See the food guide pyramid picture for help with the names of the food groups)