



**Across**

- 3. There are five food groups: \_\_\_\_\_, vegetables, grains, protein, and dairy.
- 5. \_\_\_\_\_ sugars—in fruits, vegetables, and unflavored milk—are not added sugars.
- 6. Physical \_\_\_\_\_ is any bodily movement produced by the skeletal muscles that uses energy.
- 8. \_\_\_\_\_ foods contain calcium for strong bones and healthy teeth.
- 9. Make at least half your grains \_\_\_\_\_ grains.

**Down**

- 1. \_\_\_\_\_ refers to the rate at which you are doing the activity.
- 2. Almost half of the added \_\_\_\_\_ we take in come from drinks like sodas, sweet tea, fruit drinks, and energy drinks.
- 4. Shift from whole milk to \_\_\_\_\_ or low-fat milk in your breakfast cereal.
- 5. Good \_\_\_\_\_ is essential to our health.
- 7. Just like it sounds, \_\_\_\_\_ sugars aren't in foods naturally— they're added.