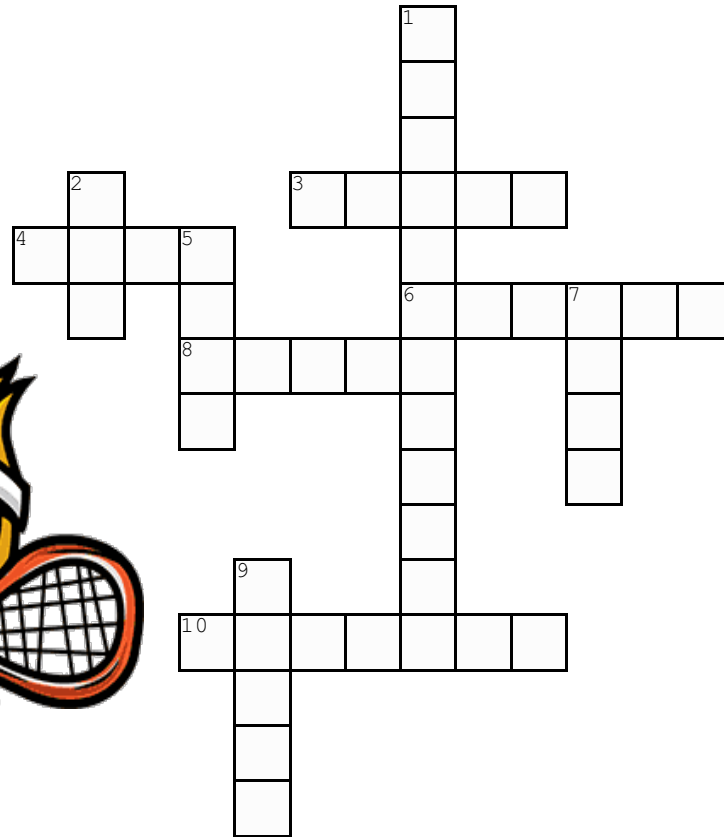


Name: \_\_\_\_\_

# Fuel Up and Get Active!

Complete the crossword below



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## Across

- 3.** This term refers to carbohydrates that cannot be digested. It's found in fruits, vegetables, grains, and legumes.
- 4.** According to MyPlate, this amount of your plate should be fruits and vegetables
- 6.** This middle eastern dip can be eaten with carrots, cucumbers, chips, or even put on a sandwich and is good source of protein
- 8.** Kids should get \_\_\_\_\_ minutes of physical activity every day
- 10.** This nutrient is found in foods such as fish, chicken, pork, tofu, and beef

## Down

- 1.** This nutrient is found in foods such as pasta, rice, bread, cake, and candy
- 2.** This nutrient is found in foods such as butter, olive oil, avocados, and peanut butter
- 5.** This food, eaten often as part of a Mediterranean diet, includes salmon, tuna, cod, and tilapia
- 7.** You can buy this food as 'skim', '1 %', or '2 %' and it is a great source of calcium
- 9.** These foods include apples, banana, oranges, grapes, and kiwi