

## Down

1. Eating raw or undercooked chicken or cookie dough may lead to a \_\_\_\_ infection.
2. Although considered a vegetable, \_\_\_\_ are neither a plant nor an animal
3. Meat, seafood, eggs, beans, and nuts are all part of the \_\_\_\_ group and are essential for muscle growth.
4. The five food groups, according to the MyPlate model, are fruits, \_\_\_\_, vegetables, protein, and dairy.

## Across

5. Complex carbohydrates provide long lasting \_\_\_\_.
7. Dairy is a great source of \_\_\_\_ which helps build stronger bones.
8. Avocados have more \_\_\_\_ than bananas and are a great source of healthy fats.
9. Rinsing your canned beans will reduce \_\_\_\_.

# 2024 NATIONAL NUTRITION MONTH

