

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

