

# Word Search

Eating nutritious foods that are good for you and exercising are very important ways to stay healthy. Can you find a few of the items listed below that are from MyPyramid for Kids?



## GRAINS

whole wheat bread  
cereal  
pasta

## MEATS & BEANS

chicken  
turkey  
fish  
tofu

## PHYSICAL ACTIVITY

exercise

## VEGETABLES

carrots  
asparagus  
eggplant  
lettuce

## MILK

cheese  
milk  
yogurt

## FRUITS

orange  
apple  
grapes  
strawberry

## OILS

olive oil  
peanuts

