

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

