

MyPyramid Nutrition Scramble

Use the clues to unscramble the words and discover the answer below!

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1. A great whole-grain way to start the day

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2. While often cooking in a minute, this grain is best in brown or wild

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3. Orange veggie high in Vitamin A, C & antioxidants

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4. Crunchy and hot in flavor & color, often added to salads

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5. Vegetable or fruit?

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6. Monkeys go crazy over this high potassium fruit

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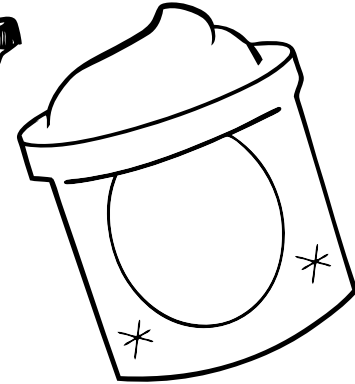
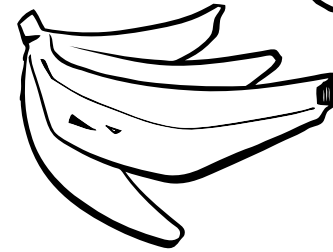
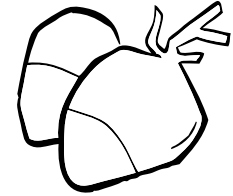
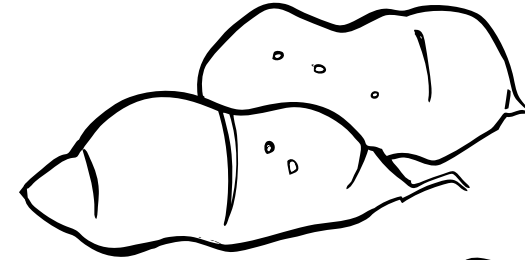
7. A fruit spelled like the opposite of mamaya

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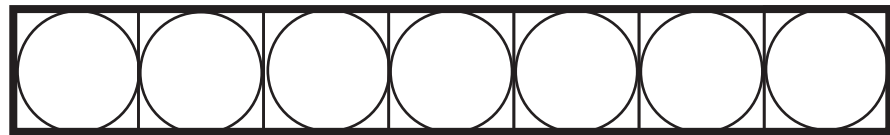
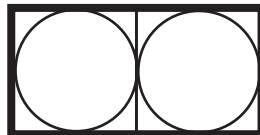
8. From the milk group, makes a great base for smoothies

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9. Deli version of this meat often served on rye bread



Guidelines for healthy eating;
a rainbow of nutrition shaped
like a triangle...



Answers:

1. Oatmeal 2. Rice 3. Sweet Potato 4. Radish 5. Tomato 6. Banana 7. Papaya 8. Yogurt 9. Roast Beef
Scramble Answer: My Pyramid