

Standard 2: USDA GUIDELINES

**Vocabulary Development Activity**Directions: Read the word in the far left . In the middle column write what you think the definition is, then use the book for the actual.

Vocabulary Word	Your Definition	Actual definition
Dietary Reference Intakes (DRI)		
Estimated Average Requirements (EAR)		
Recommended Dietary Allowance (RDA)		
Adequate Intake (AI)		
Tolerable Upper Intake Level (UL)		
Dietary Guidelines for Americans		
Nutrient-Dense		
SoFAS		
Physical Activity Guidelines for Americans		
MyPlate		
Exchange List for Meal Planning		
Daily Values		
Food Diary		

# MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.



## Across

- Use the My \_\_\_\_\_ as a guide.
- Apples, oranges, and bananas fit into this food group.
- This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
- \_\_\_\_\_ are an orange vegetable.
- Try fat-free or low \_\_\_\_\_ foods when you can.
- Use whole-grain \_\_\_\_\_ for your sandwiches.
- Cheddar, swiss, mozzarella, monterey jack are examples.
- Fits into the grains group of MyPlate. Goes great with stir-fry.
- MyPlate is a \_\_\_\_\_ to help you eat a variety of foods for a healthy body.
- Spaghetti is a type of \_\_\_\_\_.

## Down

- Chicken and turkey are examples of \_\_\_\_\_.
- Eat a variety of \_\_\_\_\_ from all of the groups.
- Broccoli and green beans are examples of a \_\_\_\_\_.
- These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
- Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
- Vegetable or olive \_\_\_\_\_ are often used for cooking and are part of a healthful diet.
- This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
- You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your \_\_\_\_\_?
- Salmon and trout are examples of \_\_\_\_\_.
- Lean \_\_\_\_\_ is an excellent source of protein, iron, and zinc.

