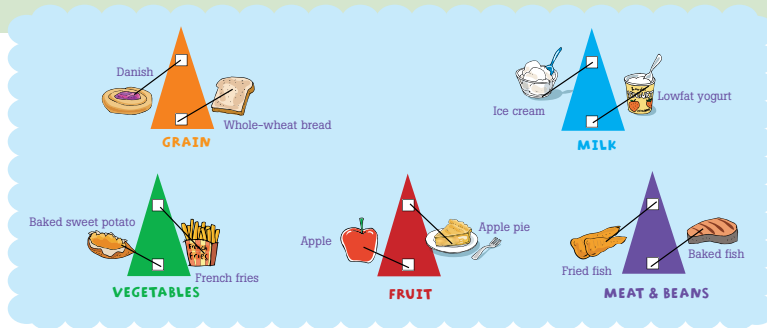


Answer page

Learning the Lessons of MyPyramid—page 12

It's good to eat foods that are mainly at the **BOTTOM** of the Pyramid.

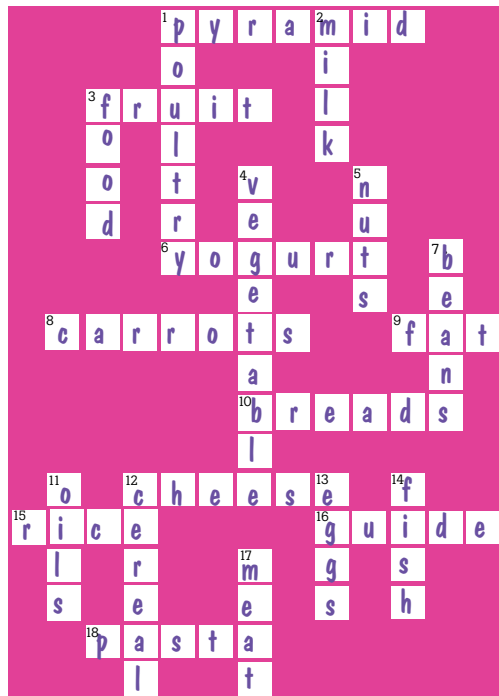
I will try to eat **LESS** from the top of the Pyramid.



Crack the Secret Code—page 13

1. Eat more **FRUITS, VEGETABLES** and whole grains.
2. Eat lower **FAT** foods more often.
3. Get your **CALCIUM**-rich **FOODS**.
4. Be **PHYSICALLY ACTIVE**

MyPyramid Crossword puzzle—page 15



Word Scramble—page 19

NRAB

br a n
11

PCNROPO

p o p c o r n
10

NRBOW ICER

b r o w n r i c e
13 12

LEISUM

m u e s l i
14

EKAWTBHCU

b u c k w h e a t
2

HOEWL TEWAH ABDER

w h o l e w h e a t b r e a d
4 3 8

TEAMALO

o a t m e a l
6 7

LEWOH NIAGR YABELR

w h o l e g r a i n b a r l e y
5 9 1

e a t w h o l e g r a i n s
1 2 3 4 5 6 7 8 9 10 11 12 13 14