|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Food Groups

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| O | N | W | H | O | L | E | W | H | E | A | T | F | L | O | U | R |
| H | R | S | O | Y | J | J | E | N | E | R | G | Y | H | C | E | C |
| Z | L | E | A | F | Y | V | E | G | E | T | A | B | L | E | S | L |
| N | U | T | S | A | N | D | S | E | E | D | S | V | B | U | W | T |
| V | H | Z | B | P | P | P | L | W | V | I | T | A | M | I | N | D |
| V | O | J | K | R | G | R | T | O | F | U | N | Y | B | C | Z | W |
| E | K | O | E | O | N | E | J | D | I | H | L | L | V | A | L | H |
| G | R | E | S | T | U | D | K | S | T | E | O | M | R | L | F | O |
| E | N | P | B | E | T | A | Q | K | T | A | W | N | R | C | E | L |
| T | L | J | M | I | R | I | C | I | R | L | F | V | O | I | O | E |
| A | O | E | P | N | I | R | H | M | O | T | A | H | N | U | M | G |
| B | I | A | R | L | E | Y | C | M | U | H | T | O | E | M | B | R |
| L | P | L | G | P | N | H | L | I | W | Y | M | E | P | L | E | A |
| E | M | S | A | K | T | T | I | L | H | O | I | E | X | U | A | I |
| S | I | J | T | C | S | S | L | K | F | I | L | E | T | P | N | N |
| Z | U | F | R | U | I | T | S | T | I | L | K | L | B | C | S | S |
| B | R | O | W | N | R | I | C | E | Q | S | M | Y | E | N | F | V |

   calcium       vitamin D       brown rice       low fat milk       skim milk       beans       tofu       soy       nuts and seeds       leafy vegetables       nutrients       whole wheat flour       energy       healthy oils       dairy       protein       vegetables       whole grains       fruits