|  |  |
| --- | --- |
| 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