

Name: _____

Date: _____

Carbohydrates

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

VEGETABLES
CEREAL
PASTA
RICE

OATMEAL
FRUITS
BEANS

GRAINS
BREAD
CORN