

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

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