

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Food Groups

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

Growth and repair

Carbohydrate

Insulation

Hydrated

Minerals

Proteins

Vitamin

Energy

Water

Fibre

Oils

fats