

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

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

# Food Groups

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

alternative    vegetable    protein    healthy  
sweets        canada        grains        dairy  
fruit            shop            milk            meat