

Food groups

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

FRUIT AND VEGETABLES
CARBOHYDRATES
WATERMELON
YOGHURT
CHEESE
BREAD
DAIRY
EGGS

OILS AND SPREADS
STRAWBERRIES
POTATOES
CARROTS
SPREAD
PASTA
MILK
FISH

SALT AND SUGAR
HIGH IN FAT
PROTEINS
GRAPES
APPLES
BEANS
RICE
MEAT