

Name: _____

My Plate

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

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|--------------|--------------|-------------|-------------|------------|------------|------------|
| strawberries | stringcheese | blueberries | raspberries | grapefruit | vegetables | watermelon |
| tortillas | apricots | broccoli | cherries | crackers | almonds | bananas |
| cashews | catfish | chicken | halibut | lentils | lobster | oatmeal |
| oranges | peaches | peanuts | popcorn | protein | seafood | walnuts |
| apples | cereal | cheese | fruits | grains | lemons | prunes |
| salmon | shrimp | turkey | yogurt | beans | dairy | goose |
| limes | pears | plums | trout | beef | corn | duck |
| eggs | lamb | peas | pork | tuna | veal | |