

Chef Solus Food Group Word search Puzzle!

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



GRAINS
OILS
FRUITS
FIBER
DAIRY
MEATS
BEANS
VEGGIE

The Food Groups

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Name : _____

THE FIVE FOOD GROUPS

Read the names of food in the word box. Sort and write them under an appropriate group.

steak broccoli pear
bagel cheese
muffin turkey turnip
orange yogurt

Fruit

Vegetables

Grains

Proteins

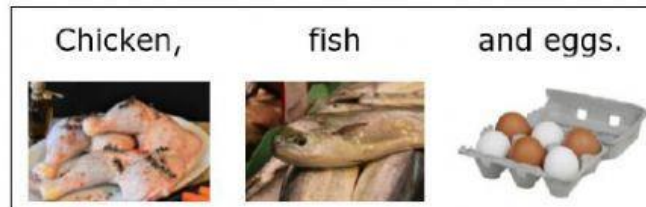
Dairy

Match the name of the group to the examples that belong to it.

Proteins •



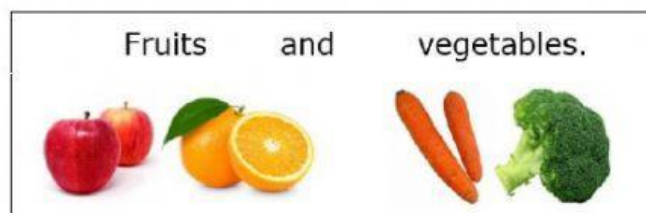
Carbohydrates •



Vitamins •



Minerals •



Fats •

