

## Chef Solus Food Group Word search Puzzle!

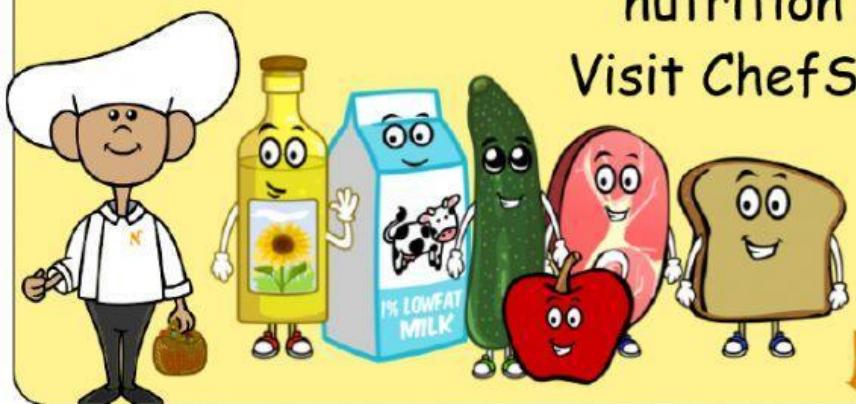
C	F	B	M	O	M	X	V	K
O	S	J	M	C	H	V	H	E
P	N	O	R	E	B	I	F	M
O	A	O	Q	S	A	U	Q	C
V	E	G	G	I	E	T	U	B
F	B	G	R	A	I	N	S	K
X	R	Y	X	N	U	A	F	Y
W	Q	U	T	T	D	I	R	C
Z	P	B	I	T	O	I	L	S
J	D	F	G	T	A	B	X	O
F	J	A	S	D	S	R	W	X



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 •

Pasta,

bread

and rice.



Carbohydrates •

Chicken,

fish

and eggs.



Vitamins •

Fatty fish,

olive oil

and nuts.



Minerals •

Fruits and

vegetables.



Fats •

Dairy products

and vegetables.

