

## Color Each Box to Indicate the Food Group

(Red = meat/protein, Brown = grains, Green = Fruit/Vegetable, Blue = Milk)

Yogurt	Pasta	Banana	Carrot	Black Bean
Chicken	Watermelon	Cereal	Fish	Orange
Green Bean	Tomato	Potato	Rice	Peanut Butter
Strawberry	Cheese	Egg	Bread	Milk
Cracker	Chick Pea	Tortilla	Apple	Grape

**WORDSEARCH** Find the following words: CHOLESTEROL, SATURATED FAT, PROTEIN, IRON, FIBER, CARBOHYDRATE, VITAMINS, MINERALS, CALCIUM

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

Now Complete the Following Words with the Letters in the Shapes from the Word Search

**P P L**

**H I**  **K**  **N**

**B**   **N S**

**R**   **L**

**R I**

**G R**  **P**  **S**