

Name: _____

Date: _____

Food and You

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

carbohydrate	cholesterol	ingredients	nutrition	potassium
vegetable	calories	exercize	nutrient	servings
strength	vitamins	calcium	healthy	mineral
protein	pyramid	grains	growth	sodium
dairy	fiber	fruit	label	plate
sugar	water	fats	iron	zinc