Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ period\_\_\_\_\_\_\_\_\_\_\_\_\_

FOOD GROUP SCRAMBLE

**Place the following foods in the correct food group listed in the chart below. The number next to each food group represents how many of the following food items will be in that category.**

|  |  |  |  |
| --- | --- | --- | --- |
| Cheddar cheese  Corn muffins  Raisins  Apples  Wheat bread  Squash  Sausage  Bacon  Granola  Celery  Chocolate milk  Almonds | Grape juice  Brown rice  Ice cream  Hamburger bun  Plum  Chicken  Cabbage  Oatmeal  Potatoes  Cheerio’s cereal  Eggplant  Kidney Beans | Toast  Ham  Banana  Watermelon  Egg  Pancakes  BBQ pork  Orange  Fish  Strawberry  Steak  Bagel | Cottage cheese  Carrot  Lemon chicken  Macaroni salad  Green pepper  Hot dog  Peanut butter  Garlic shrimp  Broccoli  Raspberry  Mushrooms  French Bread |

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| --- | --- | --- | --- | --- |
| ***PROTEIN-13*** | ***FRUIT-9*** | ***VEGETABLE-10*** | ***DAIRY-8*** | ***GRAIN-12*** |
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Name***\_\_\_ANSWER KEY***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ period\_\_\_\_\_\_\_\_\_\_\_\_\_

FOOD GROUP SCRAMBLE

**Place the following foods in the correct food group listed in the chart below. The number next to each food group represents how many of the following food items will be in that category**

|  |  |  |  |
| --- | --- | --- | --- |
| Cheddar cheese  Corn muffins  Raisins  Apples  Wheat bread  Squash  Sausage  Bacon  Granola  Celery  Chocolate milk  Almonds  Yoghurt | Grape juice  Brown rice  Ice cream  Hamburger bun  Plum  Chicken  Cabbage  Oatmeal  String cheese  Potatoes  Cheerio’s cereal  Eggplant  Kidney Beans | Wheat Toast  Ham  Banana  Watermelon  Egg  2% milk  Pancakes  BBQ pork  Orange  Fish  Strawberry  Steak  Bagel | Cottage cheese  Carrot  Lime  Pasta salad  Green pepper  Hot dog  Peanut butter  Garlic shrimp  Swiss cheese  Broccoli  Raspberry  Mushrooms  French Bread |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***PROTEIN*** | ***FRUIT*** | ***VEGETABLE*** | ***DAIRY*** | ***GRAIN*** |
| SAUSAGE | RAISINS | SQUASH | CHEDDAR CHEESE | CORN MUFFIN |
| BACON | APPLES | CELERY | CHOCOLATE MILK | WHEAT BREAD |
| ALMONDS | GRAPE JUICE | CABBAGE | ICE CREAM | GRANOLA |
| CHICKEN | PLUM | POTATOES | COTTAGE CHEESE | BROWN RICE |
| KIDNEY BEANS | BANANA | EGGPLANT | YOGHURT | HAMBURGER BUN |
| HAM | WATERMELON | CARROT | STRING CHEESE | OATMEAL |
| EGG | ORANGE | LIME | 2% MILK | CHEERIO’S CEREAL |
| BBQ PORK | STRAWBERRY | GREEN PEPPER | SWISS CHEESE | WHEAT TOAST |
| FISH | RASPBERRY | BROCCOLI |  | PANCAKES |
| STEAK |  | MUSHROOM |  | BAGEL |
| HOT DOG |  |  |  | PASTA SALAD |
| PEANUT BUTTER |  |  |  | FRENCH BREAD |
| GARLIC SHRIMP |  |  |  |  |
|  |  |  |  |  |