



# Food Groups



A	C	W	J	B	H	T	B	D	B	B	C	W	A	B
J	C	B	B	A	J	B	C	B	B	C	B	J	J	B
C	B	B	A	C	B	C	L	A	C	B	T	A	B	B
T	B	J	T	B	T	B	T	A	A	B	B	B	A	B
C	B	B	B	B	A	B	J	B	J	B	B	J	T	T
B	B	C	T	T	B	B	B	B	J	C	C	C	B	J
B	A	B	B	B	B	B	A	B	B	B	T	B	C	B
B	B	B	A	B	B	B	J	B	B	C	C	B	B	B
T	B	C	B	B	A	B	A	B	C	B	B	C	B	B
T	B	C	B	A	B	B	B	T	C	B	B	A	C	B
B	B	T	B	T	A	B	B	B	B	B	B	B	B	B
J	C	B	B	B	A	A	C	B	C	A	A	B	T	B
B	C	C	B	B	B	T	B	B	C	B	T	B	B	B
B	T	A	C	B	B	T	T	T	C	B	B	B	C	B
T	C	A	B	B	B	B	C	B	B	B	B	A	B	B

GRAIN  
VEGETABLE  
FRUIT  
MEAT  
DAIRY  
PROTEIN

VEGETABLE  
FRUIT  
DAIRY  
MEAT  
GRAIN

GRAIN  
VEGETABLE  
FRUIT

Dotted lines for writing.