



# WORD SCRAMBLE

The foods below have been scrambled! Rearrange the letters in each line to discover which food they're supposed to be, then list them under the correct MyPlate Food Group.

1. lmetli \_\_\_\_\_
2. rnoppoc \_\_\_\_\_
3. irerehcs \_\_\_\_\_
4. husoomrms \_\_\_\_\_
5. chebukawt \_\_\_\_\_
6. cecknih \_\_\_\_\_
7. goytur \_\_\_\_\_
8. saceeph \_\_\_\_\_
9. cmearkel \_\_\_\_\_
10. locrobci \_\_\_\_\_
11. tenllis \_\_\_\_\_
12. mikppun \_\_\_\_\_
13. mtrebtlkiu \_\_\_\_\_
14. ehcely \_\_\_\_\_
15. tacgote seehce \_\_\_\_\_

FRUITS	VEGETABLES	GRAINS	PROTEIN FOODS	DAIRY

## ANSWERS

- |                    |              |
|--------------------|--------------|
| 9. mackerel        | 1. millet    |
| 10. broccoli       | 2. popcorn   |
| 11. lentils        | 3. cherries  |
| 12. pumpkin        | 4. mushrooms |
| 13. buttermilk     | 5. buckwheat |
| 14. lychee         | 6. chicken   |
| 15. cottage cheese | 7. yogurt    |
|                    | 8. peaches   |

*\*Lentils, beans, and dried peas are vegetable sources of protein, so they are part of both food groups.*

Dairy	Protein Foods	Grains	Vegetables	Fruits
Yogurt	Chicken	Millet	Mushrooms	Cherries
Buttermilk	Mackerel	Popcorn	Broccoli	Peaches
Cottage cheese	Lentils*	Buckwheat	Lentils*	Lychee
			Pumpkin	