

Nutrition & Food Groups Word Search

Find all 10 hidden nutrition & food groups.

Difficulty **Easy** ■■■■■

Estimated time ⌚ 2-5 min

Recommended age 5-8 years

Designed for beginning readers.

Puzzle ID NFG-E-027 Version 2026.4

Name _____

Date _____

Completed in _____

Every Modern Word Search puzzle follows a published design specification and is individually reviewed before publication.

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

WORDS TO FIND

CALCIUM

CARBS

DAIRY

FAT

FIBER

FRUIT

GRAIN

PROTEIN

VEGETABLE

VITAMIN

Nutrition & Food Groups — Answer Key

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

Did you know?

- The USDA's food guidance has changed shape and structure several times over the decades, from a food pyramid to today's simpler plate model.
- Protein, carbohydrates and fats are the three main macronutrients the body needs in relatively large amounts.
- Fiber, found in fruits, vegetables and whole grains, aids digestion even though the body can't fully break it down.
- Vitamins and minerals are needed only in small amounts compared to macronutrients, but they're still essential for the body to function properly.

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