

Nutrition & Food Groups Word Search

Find all 15 hidden nutrition & food groups.

Difficulty **Medium** ■■■□□

Estimated time ⌚ 7-13 min

Recommended age 9 and up

Suited to confident young readers.

Puzzle ID NFG-M-027 Version 2026.4

Name _____

Date _____

Completed in _____

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

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

WORDS TO FIND

ALLERGY

BALANCED

CARBOHYDRATE

DEFICIENCY

DIGESTION

ENERGY

HYDRATION

LEGUME

METABOLISM

MINERAL

MODERATION

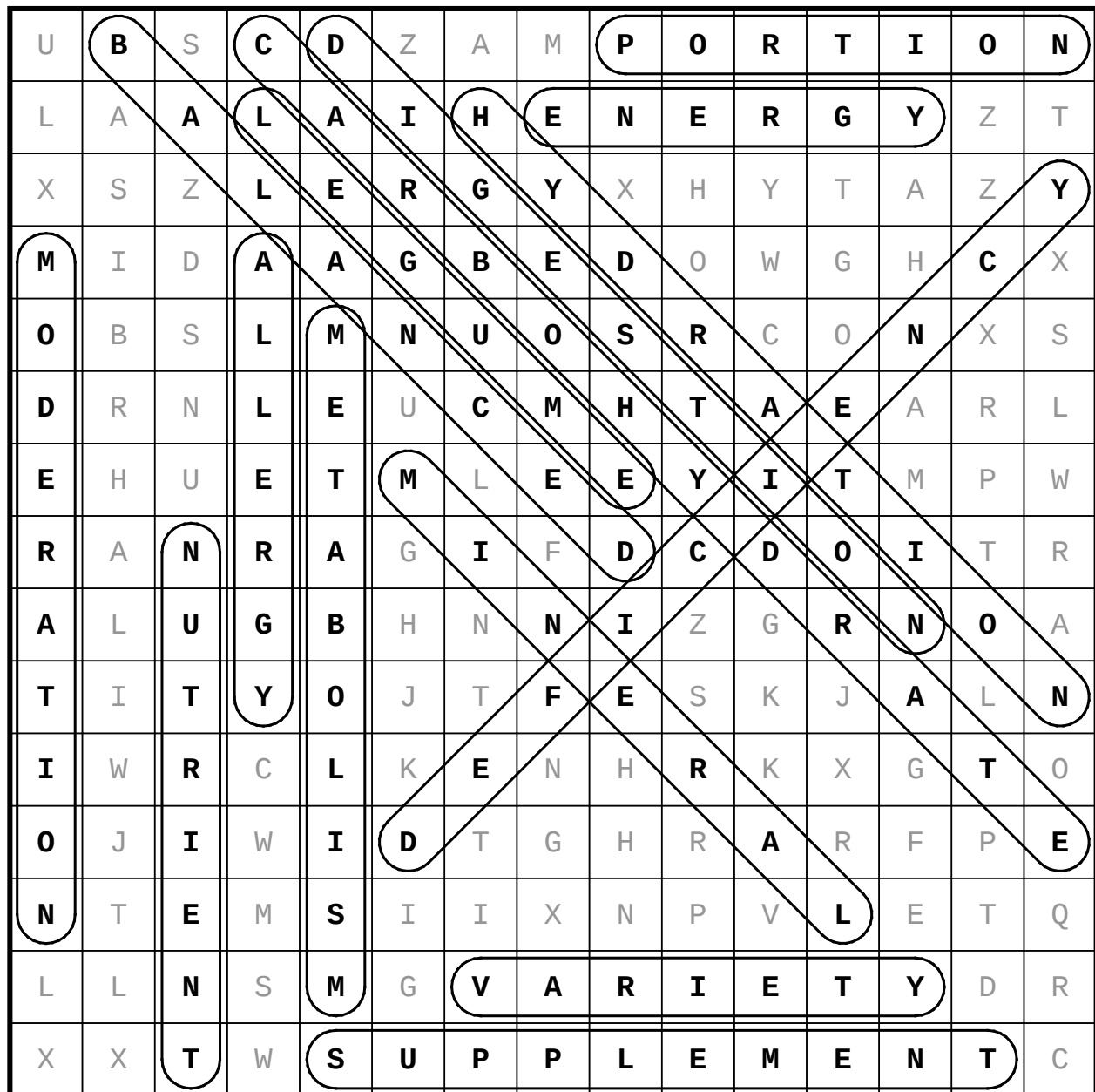
NUTRIENT

PORTION

SUPPLEMENT

VARIETY

Nutrition & Food Groups — Answer Key



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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