



Dairy

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

1. I come from cows and help make bones strong.
2. I'm a type of cheese, and I can be extra sharp.
3. I'm a type of cheese with holes in me.
4. I scream, you scream, we all scream for this thing.
5. I'm made from a bean, and people who are lactose-intolerant can drink me. (2 words).
6. I'm thick and creamy and go good in a smoothie or parfait.



Fruits

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

1. I'm small and red and kind of seedy. I grow close to the ground.
2. I keep the doctor away.
3. Monkey's love me.
4. I grow on trees in warm places like Florida.
5. I'm small, blue and am great in muffins.
6. I'm hairy, round, and green inside. I grow in tropical climates.

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Grains

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

1. You toast me in the toaster, and I help keep a sandwich together.
2. You can twirl me with a fork, and I'm in most Italian dishes.
3. I go great with Red Beans.
4. You eat me in the morning. Some people eat me plain; others add brown sugar, cinnamon, or raisins.
5. I'm round and flat. Some people call me flapjacks.
6. You pour milk over me in a bowl. Kids eat me for breakfast.

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Non-Starchy Vegetables

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

1. I look like a tree and start with a "B"
2. Some people call me a vegetable, but I'm really a fruit.
3. I'm long, thin and green. My top is pointy, and I look like a spear.
4. When you cut me, I make you cry.
5. Bugs Bunny loves to eat these.
6. I am the main component of a salad.



Protein

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

1. I lay eggs and cluck.
2. I come from an animal that's round and fat and rolls in mud.
3. My animal "moos" and eats grass.
4. Gobble, gobble, gobble.
5. I go by several names: Pinto, Navy, White, and Black.
6. I swim in the sea or a lake or a river.

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Starchy Vegetables

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

1. I grow as an ear, and you pull my husk.
2. Some people like to mash me up.
3. I'm yellow like the sun and grow in the summer.
4. We're like two _____ in a pod, and I'm the color of grass.
5. You'll find me at Thanksgiving, sometimes in a pie and sometimes with marshmallows. I'm orange.
6. I grow in the ground and start with a "T." I'm usually white and purple.