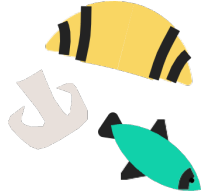


# Nutrition Word Scramble



How much do you know about nutrition and MyPlate? Unscramble the words below to discover healthy habits, foods, and food groups. Check your knowledge using the answer key at the bottom of the page.



1. COUFWALERLI \_\_\_\_\_
2. DFOO OGRUP \_\_\_\_\_
3. ACVODAO \_\_\_\_\_
4. BTEEGSAVLE \_\_\_\_\_
5. WOLEH NRSGIA \_\_\_\_\_
6. KCBAL NBSEA \_\_\_\_\_
7. TRUSIF \_\_\_\_\_
8. PENROIT SDOFO \_\_\_\_\_
9. RYIAD \_\_\_\_\_
10. SILAYCPH ITVIYTCA \_\_\_\_\_
11. YRGOTU \_\_\_\_\_
12. OTLLTAISR \_\_\_\_\_
13. AEWRT \_\_\_\_\_
14. SBERELUEIBR \_\_\_\_\_
15. KIHCCEN \_\_\_\_\_

**Need a hint?** Learn more about MyPlate and food groups online:

[https://www.myplate.gov/eat-healthy/what-is-myplate.](https://www.myplate.gov/eat-healthy/what-is-myplate)

**AnswerKey:**

1. Cauliflower, 2. Food group, 3. Avocado, 4. Vegetables, 5. Whole grains, 6. Black beans, 7. Fruits, 8. Protein foods, 9. Dairy, 10. Physical activity, 11. Yogurt, 12. Tortillas, 13. Water, 14. Blueberries, 15. Chicken