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:

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

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