



MYPLATE ACTIVITY - Answers

Which MyPlate food group does each food item fit in? Now, exercise your brain and find the item in the word search below.

	<u>Name of food item</u>	<u>MyPlate Food Group</u>
#1	Avocado	vegetable
#2	barley	grain
#3	bok choy	vegetable
#4	egg	protein
#5	kale	vegetable
#6	pumpkin seeds	protein
#7	quinoa	grain
#8	soy milk	dairy
#9	split peas	protein and vegetable
#10	tofu	protein
#11	tomatoes	vegetable
#12	veggie burger	protein
#13	walnuts	protein

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