

Nutrition & Food Groups

Find all 10 hidden nutrition & food groups.

Difficulty **Easy** ■■■■■

Estimated time ⌚ 2-5 min

Recommended age 5-8 years

Designed for beginning readers.

Puzzle ID NFG-E-027 Version 2026.3

Name _____

Date _____

Completed in _____

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

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

WORD LIST

CALCIUM

CARBS

DAIRY

FAT

FIBER

FRUIT

GRAIN

PROTEIN

VEGETABLE

VITAMIN

Finished? Try the Medium version next ->

www.modernwordsearch.com/food/nutrition-food-groups/