

Food Group Word Search



Vegetables and the body

It is important to try lots of different types, colours and flavours of vegetables daily. Vegetables provide us with such a large range of nutrients.

Vegetables help our bodies stay healthy and assist the body to fight off disease later in life.

Below are 12 types of food that you can find in the Vegetable food group, can you find them all?

t	p	e	a	s	p	o	l	e	g	g	p	l	a	n	t
l	g	s	s	n	u	y	n	s	r	j	a	k	i	o	a
e	d	f	d	d	m	b	a	i	e	v	c	x	w	n	v
n	i	m	s	v	p	n	a	s	o	d	a	g	h	t	o
t	c	h	i	c	k	p	e	a	s	n	r	l	o	o	c
i	o	t	n	b	i	s	c	v	w	j	r	i	p	m	a
l	r	o	d	t	n	e	j	f	d	c	o	r	n	a	d
s	u	p	l	q	l	d	n	g	u	m	t	n	k	t	o
s	b	e	a	n	s	l	t	e	p	o	t	a	t	o	d

avocado
carrot
eggplant
lentils

pumpkin
corn
potato
tomato

chickpeas
onion
beans
peas

Food Group Word Search



Fruit and the body

Try eating different types of fruit daily. Each different type and coloured fruit will provide different nutrients.

Fruits are a healthy way to enjoy something sweet. They provide the body with lots of different vitamins and minerals.

Below are 12 types of food that you can find in the Fruit food group, can you find them all?

m	s	d	e	e	s	s	u	l	t	a	n	a	s	h	k
e	f	b	a	n	a	n	a	l	d	a	p	c	k	l	i
l	j	o	p	a	g	o	l	i	f	t	a	l	c	h	w
o	b	k	p	m	r	e	r	d	f	e	j	e	u	c	i
n	e	r	l	b	a	v	h	a	h	a	u	h	e	m	f
t	s	k	e	v	p	n	t	i	n	s	i	s	w	s	r
p	e	a	c	h	e	s	l	f	i	g	c	e	d	h	u
o	w	r	p	l	s	i	m	u	l	b	e	r	r	y	i
d	r	i	e	d	a	p	r	i	c	o	t	s	d	f	t

apple
banana
orange
berry

dried apricot
plum
peaches
kiwi fruit

grapes
sultanas
juice
melon



Grains (Cereals) and the body

Try to eat lots of different types of this food group daily. Be aware the wholegrain and wholemeal foods from this group will provide you with longer lasting energy.

This food group is rich in carbohydrates. Carbohydrates are the best source of fuel for the body, especially providing fuel for the brain, allowing you to concentrate for longer. Look for carbohydrates that release energy slowly. You can find these in wholegrain and wholemeal varieties.

Below are 12 types of food that you can find in the Grains (Cereals) food group, can you find them all?

w	r	a	p	i	b	r	e	q	u	i	n	o	a	m	e
p	l	r	e	f	r	w	b	y	u	r	r	i	o	u	o
o	w	h	o	l	e	g	r	a	i	n	s	c	f	e	r
r	e	i	p	o	a	l	i	h	n	g	c	i	s	s	y
r	h	o	c	b	d	f	c	s	o	s	o	g	c	l	p
i	r	i	c	r	y	l	e	c	a	f	n	i	g	i	a
d	y	o	c	s	y	c	r	u	m	p	e	t	s	p	s
g	q	u	l	w	w	s	f	i	g	c	s	t	e	i	t
e	j	k	t	l	e	s	c	e	r	e	a	l	p	l	a

bread
roll
scone
rice

wholegrains
porridge
pasta
muesli

crumpets
quinoa
wrap
cereal

Food Group Word Search



Meats and Alternatives and the body

It is important to eat different types of meats and alternatives to keep us healthy and help us grow. Foods from this food group give us protein and other key nutrients like iron, zinc and more.

Protein helps us to build strong muscles and makes our tummies feel full so we aren't hungry all the time.

Below are 12 types of food that you can find in the Meats and Alternatives food group, can you find them all?

i	s	b	e	e	f	n	i	k	p	m	u	p	u	t	f
l	b	c	a	h	g	h	h	m	c	p	r	t	s	o	i
e	c	h	i	c	k	p	e	a	s	e	e	b	u	f	s
n	e	i	i	f	a	k	p	s	m	a	t	b	e	n	h
t	l	c	s	u	s	a	l	m	o	n	s	h	g	n	a
i	t	k	c	e	s	i	t	o	f	u	b	e	g	u	f
l	s	e	e	h	c	e	g	a	t	t	o	c	s	t	m
s	s	n	s	o	s	t	e	a	k	s	l	k	t	s	a

eggs
beef
chicken
lentils

chickpeas
tuna
tofu
peanuts

steaks
salmon
fish
nuts

Food Group Word Search



Milk, Yoghurt, Cheese and Alternatives and the body

It is important to eat different types of food throughout the day to keep us healthy and help us grow. Foods from this food group provide calcium that's easy for the body to absorb, as well as other nutrients like protein.

Calcium helps us to build strong bones and can keep our teeth, nails and hair healthy.

Below are 9 types of food that you can find in the Milk, Yoghurt, Cheese and Alternatives food group, can you find them all?

e	f	s	i	t	k	c	e	s	i	e	s	u	y	p	m
t	e	u	l	l	e	i	u	c	s	r	c	e	o	c	i
w	s	o	l	y	m	c	h	e	e	s	e	d	g	s	l
n	k	g	e	l	v	i	r	r	l	o	r	r	h	m	k
s	i	r	f	i	c	w	u	m	i	t	l	e	u	o	c
i	m	s	e	s	m	r	i	c	o	t	t	a	t	e	h
m	o	n	s	h	g	n	e	u	k	u	y	f	k	t	e
r	e	d	u	c	e	d	f	a	t	r	l	k	y	k	s
c	h	e	d	d	a	r	r	u	m	u	r	s	o	y	e

milk
cheese
yoghurt

skim
full cream
ricotta

reduced fat
cheddar
soy