

Answer key: Food scramble and sort

Use the answer key to sort foods into the groupings of Canada's food guide. Think about how the foods on the cards your group created fit into these categories.

Vegetables and fruits		Whole grain foods	Protein foods
apple	lettuce	barley	almonds
asparagus	lychee	brown rice	cashews
avocado	mango	bulgur	chicken
banana	mushrooms	quinoa	chickpeas
beets	okra	oatmeal	cottage cheese
bell pepper	onion	whole grain cereal	egg
blackberries	orange	whole grain crackers	kidney beans
blueberries	papaya	whole grain penne	lentils
bok choy	pear	whole grain pita bread	light tuna
broccoli	peas	whole grain spaghetti	milk
cabbage	peaches	whole grain tortilla	nut butter
cantaloupe	pineapple	whole wheat bread	peanuts
carrots	potato	wild rice	plain yogurt
cauliflower	pumpkin		pork chops
celery	radish		soybeans
cherries	raspberries		split peas
corn	snow peas		sunflower seeds
cucumber	spinach		tofu
eggplant	squash		trout
fig	strawberry		turkey
grapes	sweet potato		walnuts
honey dew melon	tomato		wild game
kale	watermelon		
kiwi	zucchini		
lemon			