

Name: _____ Date: _____ Period: _____

Couscous

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

CARDIOVASCULAR SYSTEM
NORTH AFRICAN
ANTIOXIDANT
SEMOLINA
MOROCCAN
STEAMED
HEALING
WATER
LUCK

IMPROVE DIGESTION
CHICKEN BROTH
VEGETABLES
SELENIUM
LEBANESE
MAGHRIB
HEALTH
SALT

REDUCES PLAQUE
REDUCES LDL
SIDE DISH
PROTEINS
COUSCOUS
ISRAELI
GRAINS
MEAT