

Name: _____

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Healthy Choices Wordsearch

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

traffic light
healthy
sugar
swap
red

carbohydrate
choice
amber
salt

calories
snack
green
fat