

Healthy Eating Word Search

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

Carbohydrates
Food Guide
Strength
Mineral
Grains
Meat

Cholesterol
Digestion
Nutrient
Recipes
Energy
Fat

Food Group
Nutrition
Vitamin
Health
Dairy

Deficiency
Vegetable
Protein
Growth
Fruit