

Name: _____

Date: _____

Healthy Food Word Search

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

vegetables

calories

vitamins

protein

fibers

grains

sodium

sugars

carbs

dairy

fruit

wheat

iron

meat

fat