

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Superfoods

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

sunflowerseeds  
raspberry  
cabbage  
lentils  
ginder  
chard

strawberry  
sardines  
avocado  
bramble  
olives  
kale

anchovies  
tomatoes  
cashews  
spinach  
garlic  
tuna

mushrooms  
broccoli  
almonds  
yogurt  
pecans  
peas

blueberry  
mackerel  
peanuts  
salmon  
kefir  
eggs