

HEALTHY FOODS WORD FIND

Find and circle the words that are hidden in the puzzle below. When you circle a word, think about the foods you eat every day. And think about how you can eat healthy foods!

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

Find these words:

- | | | | |
|-------------------------------------|---------------------------------|----------------------------------|---------------------------------|
| <input type="checkbox"/> BREADS | <input type="checkbox"/> CEREAL | <input type="checkbox"/> RICE | <input type="checkbox"/> PASTA |
| <input type="checkbox"/> VEGETABLES | <input type="checkbox"/> FRUITS | <input type="checkbox"/> MILK | <input type="checkbox"/> YOGURT |
| <input type="checkbox"/> CHEESE | <input type="checkbox"/> MEAT | <input type="checkbox"/> POULTRY | <input type="checkbox"/> FISH |
| <input type="checkbox"/> BEANS | <input type="checkbox"/> EGGS | <input type="checkbox"/> NUTS | <input type="checkbox"/> FATS |
| <input type="checkbox"/> OILS | <input type="checkbox"/> SWEETS | | |



Tommy - Health Hero

