

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

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

# ALMONDS -AN AMAZING SUPERFOOD

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

healthy heart  
malleable  
offwhite  
roasted  
edible  
sweet

antioxidant  
magnesium  
popular  
toasted  
biotin  
fiber

weightloss  
potassium  
highfat  
protein  
sliced  
tree

flavonoids  
vitamin E  
ancient  
almonds  
brain  
iron

nutrients  
superfood  
calcium  
energy  
shell  
raw