

Name: _____

Date: _____

Period: _____

Healthy Foods Word Search

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

Processed food	Carbohydrates	Saturated fat	vegetables
Vitamin A	Vitamin B	Vitamin C	Vitamin D
Calories	calcium	Protein	Fruits
Dairy	grain	Iron	fat