

Food & Nutrition

Word Search

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

Potassium Bananas Iron Spinach Calcium Cheese

Protein Seafood Carbohydrates Rice Vitamin C Oranges

Fiber Seeds Vitamin E Avocados Zinc Crab Vitamin D Sunlight