

Name _____ Date _____

Nutrition

Directions: Find and circle the words hidden in the puzzle.

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

FRUIT
VEGETABLE
VITAMIN
NUTRITION

MEAT
MILK
BREAD
GRAIN

PROTEIN
HEALTHY

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