

fit Food Word Search

Food is fuel for your body. Choose foods that have the most nutrition for energy and growth.

Find the healthy foods listed below. Then, draw your favorite nutritious meal or snack.

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

Word Bank:

ALMONDS

BREAD

MILK

APPLE

BROCCOLI

RICE

BANANA

CARROTS

WATER

BEANS

CHICKEN

