

# Food Word Search

Find the following words in the word search.

Circle each letter in the word; at the end, the remaining letters make up a secret message. Beware of “false finds” (i.e. “toes” and “potatoes” are both in the puzzle).

Words may be written forwards, backwards, up, down or diagonally.

The secret message is 16 letters, 3 words.



adolescent  
adult  
amino acid  
animal  
baby  
baby food  
banana  
barley  
beets  
bone  
bread  
breakfast  
brie  
butter  
calcium  
calorie

carbohydrate

carbon

cellular

cereal

cheese

chocolate milk

cod

culture

date

dehydrate

dice

diet

exercises

fast food

favourite

feed

feta

fish

fluorine

foods

fruit

grocery

healthy



heart

honey

iron

lactose

learn

liver

magnesium

meat

minerals

muscles

niacin

nutrition

nuts

orange

peas

phosphorus

pita

plant

polyunsaturated

potatoes

protein

rest

rice

sandwich

savour

scales

selenium

serving

slice

sodium

store

sucrose

thiamin

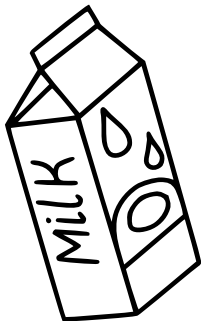
tuna

vegetable

vitamins

wheat

yogurt



# Food Word Search

s m f c m p e a s n s f t n a l p p  
f u g a a a n n r a i e d i a a o r  
a i r y v s g a i s c t r c u l f a  
s n o o k o e n h r s a t v y r b l  
t e c g h l u c e n o o l u i r f u  
f l e u o p i r i s s u n c e n o l  
o e r r i w s m i e i s l a i m g l  
o s y t d b a o e t a u k f b u d e  
d g a n a t e r h t e f m d a i m c  
w u a n i i i i u p a d s e r d b e  
h s a v r c f r e s t l t e l o r l  
e n u o e t a d t s d o o f e s i i  
a q l n u t r i t i o n r c y h e v  
t a d a e r b t n e c s e l o d a e  
c d b d i c a o n i m a y g v h t r  
r e t t u b e i z b s b c e n a c s  
e s e e h c e r a e a l g a r a e d  
j c m e a t e b e b x e a d r o r s  
c a r b o h y d r a t e y r t b t o  
h l e r a f c t i a l h r a e e o s  
s e p s o n h u b c e i t c e n l n  
a s a o o i i l l d e o t b i i i n  
v i d l a r e m k t p s e l c s u m  
o x r m t d c n a n u t i e u t e u  
u y i o k h o u o l r r d u s d n s  
r n h o n e y c s b e h e a r t a e

Secret message:

\_\_\_\_\_ , \_\_\_\_\_