

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

# Food and Nutrition Word Search

Antioxidant

Cabbage

Cholesterol

Water

Minerals

Spinach

Grains

Avocado

Cofactor

Oatmeal

Digestion

Starch

Vitamin

Nutrient

Energy

Calcium

Broccoli

Vegetables

Protein

Fruits

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