

Foods with Fat

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

Find the following hidden words: butter, cheese, eggs, margarine, meat, nuts, oil, seeds, whole milk

Protein Word Search

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

Find the following hidden words:
cheese, eggs, fish, legumes, meat, milk, nuts, poultry, seeds, yogurt