

# Nutrition Knowledge Search

Use the word search below as a fun way to learn some healthy foods! Don't forget to check out the **Nature Scavenger Hunt** and the **Family Fitness Log** for more fun ways to be healthy!

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

Apple  
Avocado  
Banana  
Beans

Broccoli  
Carrot  
Celery  
Fiber

Grapes  
Protein  
Vitamins

Strawberry  
Tomato  
Whole Grains

Source: <http://www.puzzle-maker.com>



800.932.0034  
askthepros@acispecialtybenefits.com  
<http://yotf.acicorewellness.com/>

