

Healthy Word Search

Intermediate
Aligns with
Science
learning standards



Eating nutritious foods that are good for you and exercising are very important ways to stay healthy.

Can you find a few of the items listed below that are healthy?

GRAINS

- whole wheat bread
- cereal
- pasta

MEATS & BEANS

- chicken
- turkey
- fish
- tofu

VEGETABLES

- carrots
- asparagus
- eggplant
- lettuce

MILK

- cheese
- milk
- yogurt

FRUITS

- orange
- apple
- grapes
- strawberry

OILS

- olive oil
- peanuts

PHYSICAL ACTIVITY

- exercise

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

