

Help Find The Missing Words About Healthy Foods!

Read the sentences below. Visit our Easy Science for Kids page [All About Healthy Foods](#) to find the missing words.

Write them in the empty spaces and find these hidden words in the puzzle!

[Words might be hidden horizontally, vertically and perhaps even back to front...!]

1. When you give your body good _____ every day, you have _____ to grow and play.
2. You get _____ less often. You grow and become _____.
3. Your body needs _____, _____, fiber, fats and _____ every day.
4. Minerals make healthy skin and strong bones and _____.
5. _____ helps your body digest food.
6. Vitamins help your body stay healthy and fight _____.
7. _____ in milk products, meat and fish help your body build healthy nerves and fight off disease.
8. Protein, which is found in meat, milk products, beans and fish, builds _____ and repairs damage.

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