

Nutrient Rich Foods

Hard · 16 × 16 · 18 words · every direction, backwards too

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

- ☐ BROCCOLI
- ☐ SALMON
- ☐ QUINOA
- ☐ LENTILS
- ☐ ALMONDS
- ☐ BLUEBERRIES

- ☐ AVOCADO
- ☐ SWEET POTATO
- ☐ CHICKPEAS
- ☐ WALNUTS
- ☐ EDAMAME
- ☐ TOFU

- ☐ CHIA SEEDS
- ☐ SARDINES
- ☐ BRUSSELS SPROUTS
- ☐ ARTICHOKE
- ☐ PUMPKIN SEEDS
- ☐ BUTTERNUT

Nutrient Rich Foods: answer key

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