

Name: \_\_\_\_\_

## Basic Foods

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

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

BREAD  
CARBOHYDRATES  
DAIRY  
FASTFOOD  
FRESHFOOD  
FRUIT

LEGUMES  
MEAT  
MILK  
MINERALS  
NUTS  
OILS

PASTA  
RICE  
SEAFOOD  
VEGETABLES  
VITAMINS



## SOLUTION

### Basic Foods

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

Word directions and start points are formatted: (Direction, X, Y)

BREAD (SE,3,4)

CARBOHYDRATES (E,2,5)

DAIRY (S,12,6)

FASTFOOD (E,5,2)

FRESHFOOD (S,16,2)

FRUIT (S,11,6)

LEGUMES (E,9,3)

MEAT (SE,2,6)

MILK (S,17,4)

MINERALS (E,1,10)

NUTS (E,3,11)

OILS (S,15,6)

PASTA (E,6,9)

RICE (SE,1,6)

SEAFOOD (S,13,4)

VEGETABLES (E,7,11)

VITAMINS (E,4,12)

