



Arkansas
Children's
Research Institute

Nutrition
Center

How many of these words can you find?

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

dairy
milk
yogurt
cheese

fruit
orange
cherry
strawberry

vegetable
lettuce
tomato
olive

carrot
grain
bread
wheat

rice
meat
chicken
turkey