

# Word Search 1



Remember to eat at least 5 veggies and fruit, and 3 dairy products every day. See if you can find some of those in the words below. Words can run left to right, top to bottom or diagonally top to bottom:

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

**WORDS:** orange, yoghurt, spinach, carrots, cheese, peas, milkshake, apple.

