

Good Eating - Word Search

Find the words hidden in the grid of letters.

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

BEANS
BREADS
CEREAL
CHEESE
DAIRY
EGGS
FATS
FIBRE
FISH
FRUITS
MEAT
MILK
MINERALS
NUTS
OILS
PASTA
POULTRY
PROTEIN
RICE
VEGETABLES
VITAMINS
WATER
YOGURT