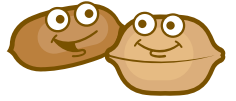


# Meat & Beans Word Search

Instructions: Find and circle each word.



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

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

**BEANS  
 NUTS**

**SEEDS  
 IRON**

**LEAN  
 FISH**

**MUSCLE  
 HEALTHY**



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

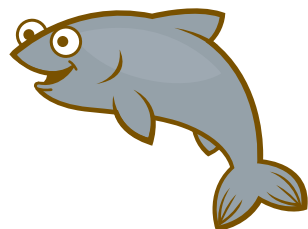
J S G L F B S O P B  
 P I M V Y W Z J S D  
 Y H R D A V N G X N  
 Q T B X P B E G G S  
 G Q I K J H E A Z X  
 V I T A M I N S O S  
 R Y D I T O A I T R  
 Y Q B D Y K M R F S  
 G S B G R M M E A T

**PEAS  
 PROTEIN**

**CHICKEN  
 TURKEY**

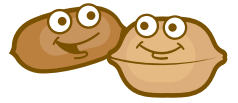
**VITAMINS  
 EGGS**

**MEAT**



# Meat & Beans Word Search

**Instructions:** Find and circle each word.



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

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

**BEANS  
NUTS**

**SEEDS  
IRON**

**LEAN  
FISH**

**MUSCLE  
HEALTHY**



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

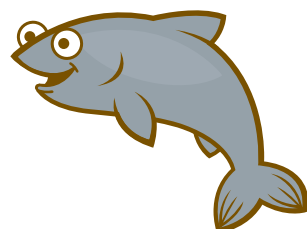
J S G L F B S O P B  
 P I M V Y W Z J S D  
 Y H R D A V N G X N  
 Q T B X P B E G G S  
 G Q I K J H E A Z X  
 V I T A M I N S O S  
 R Y D I T O A I T R  
 Y Q B D Y K M R F S  
 G S B G R M M E A T

**PEAS  
PROTEIN**

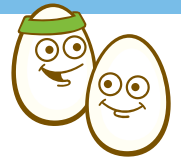
**CHICKEN  
TURKEY**

**VITAMINS  
EGGS**

**MEAT**



# Meat & Beans Word Search



Instructions: Find and circle each word.

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



**ZINC**  
**IRON**  
**MUSCLE**  
**VITAMINS**

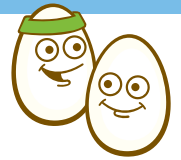
**LEAN**  
**PROTEIN**  
**IMMUNE**  
**SEEDS**

**FISH**  
**POULTRY**  
**EGGS**  
**PHOSPHORUS**

**MINERALS**  
**NUTS**  
**HEALTHY**



# Meat & Beans Word Search



**Instructions:** Find and circle each word.



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

**ZINC**  
**IRON**  
**MUSCLE**  
**VITAMINS**

**LEAN**  
**PROTEIN**  
**IMMUNE**  
**SEEDS**

**FISH**  
**POULTRY**  
**EGGS**  
**PHOSPHORUS**

**MINERALS**  
**NUTS**  
**HEALTHY**

