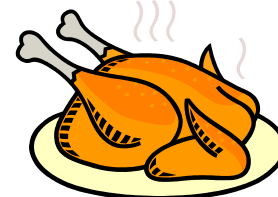
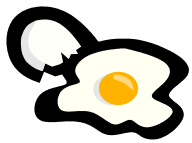
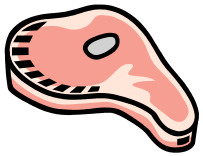


Lesson #6 Activity:

Fit4Kidz Go Lean With Protein Word Search

Find the words in the puzzle below that are good sources of protein.



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

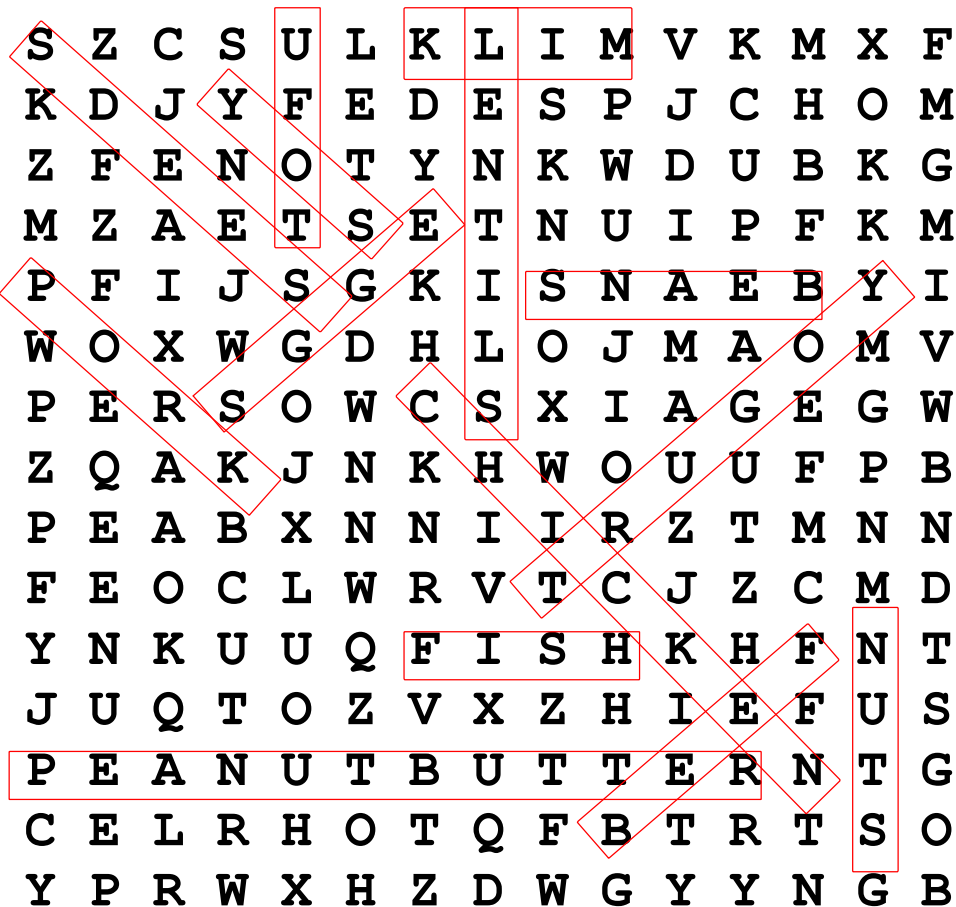
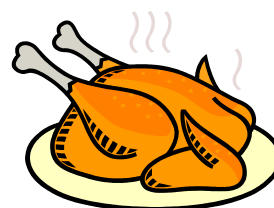
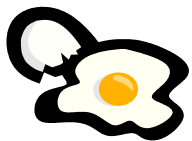
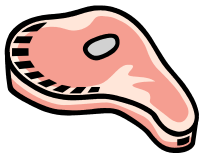
BEANS
CHICKEN
FISH
MILK
PEANUT BUTTER
SEEDS
TOFU

BEEF
EGGS
LENTILS
NUTS
PORK
SOY
YOGURT

Lesson #6 Activity:

Fit4Kidz Go Lean With Protein Word Search **ANSWER KEY**

Find the words in the puzzle below that are good sources of protein.



BEANS
CHICKEN
FISH
MILK
PEANUT BUTTER
SEEDS
TOFU

BEEF
EGGS
LENTILS
NUTS
PORK
SOY
YOGURT