



# Healthy Kids Club



## Word Search

Eating healthy snacks and food is important to your health. Can you find these words in the puzzle below? Which are your favorites?

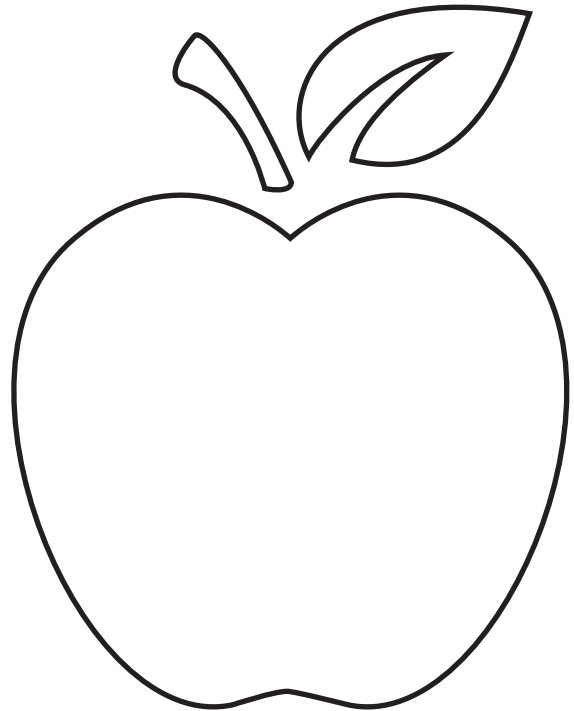
A F B R E V B N M A F U L  
P U S N P E S T V S E S L  
E C I R A G G B R E A D S  
S R R N S E R S R E R M E  
E L S A T T L N P I A I E  
E E I M A A I O U L F L S  
V C E O E B U U R T S K E  
G A H R L L G T R E S R S  
H T E E T E M R U F Y T S  
S C T R E S T U H I A M S  
I E Y T E S E G I F E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

Find these Words:

BREADS, CEREAL, RICE, PASTA, VEGETABLES,  
FRUITS, MILK, YOGURT, CHEESE, MEAT, POULTRY,  
FISH, BEANS, EGGS, NUTS, FATS, OILS, SWEETS

## Color the Apple

CC's favorite snack is a fresh apple!



Hey kids! For more ideas on staying healthy, check out my Healthy Kids Club page at [CoordinatedCareHealth.com](http://CoordinatedCareHealth.com)