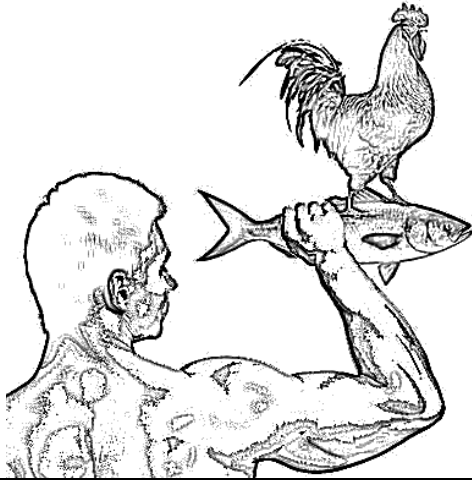


Find the Words

Food Smart Schools • an naq nutrition program

For more information visit www.foodsmartschools.org or email info@foodsmartschools.org

What foods give us protein?



It is important to eat different types of food throughout the day to keep us healthy and help us grow. Many types of food give us **Protein**.

Protein helps us to build strong muscles and makes our tummies feel full so we aren't hungry all the time.

Below, are 15 types of food that are high in protein. Can you find them all?

i	s	d	e	e	s	n	i	k	p	m	u	p	u	t	k
s	b	c	a	h	g	h	h	m	c	p	r	a	s	o	l
l	c	h	i	c	k	p	e	a	s	e	e	b	n	f	i
i	e	i	i	f	a	k	p	s	m	a	t	b	e	u	m
t	l	c	s	u	s	a	l	m	o	n	s	g	g	e	t
n	t	k	c	e	s	i	e	o	e	u	b	e	h	s	f
e	s	e	e	h	c	e	g	a	t	t	o	c	s	l	m
l	s	n	s	o	y	b	e	a	n	s	l	k	t	p	a

eggs
beef
chicken
lentils

chickpeas
tuna
tofu
peanuts

soybeans
salmon
milk

This Find the Words puzzle has been developed for NAQ Nutrition by Kelly Bradley