

Name _____

MORE MEAT & BEANS FUN

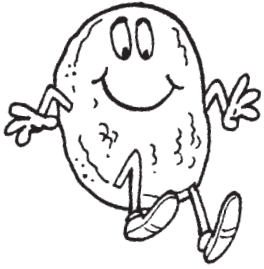


UNSCRAMBLE THESE PLEASE

PROTEIN POWER!

List 3 ways proteins help our bodies:

1. _____
2. _____
3. _____



MEATS:

merrbuhag _____

tallbaem _____

guessaa _____

ahm _____

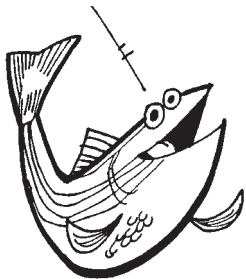
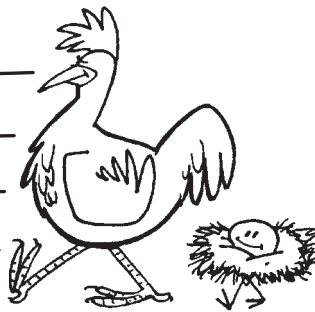
POULTRY:

kiehnce _____

uykret _____

kudc _____

sgeg _____



FISH:

nuat _____

lasnmo _____

rifdwhso _____

botlers _____

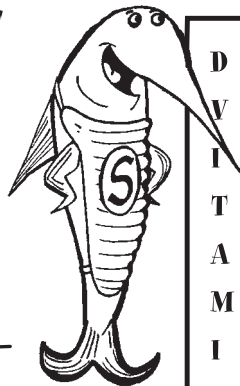
LEGUMES (Dry Beans)

nipt saben _____

yesosabn _____

fout _____

aeustnp _____

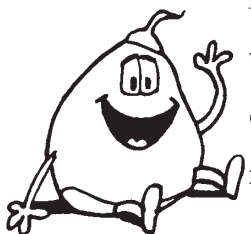


NUTS

waceh _____

eflusnwro edes _____

naldom _____



LIFT-OFF!
SAYS

Separate the words



MEAT, POULTRY & FISH WORD SEARCH

Find and circle these words in the puzzle.

They are hidden in all directions.

meat protein nuts vitamin fat poultry zinc important minerals fish dry beans iron eggs

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