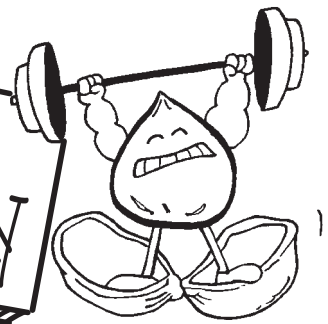


# ANSWERS

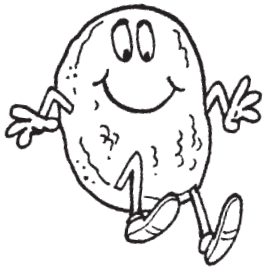
## MORE MEAT & BEANS FUN



### UNSCRAMBLE THESE PLEASE

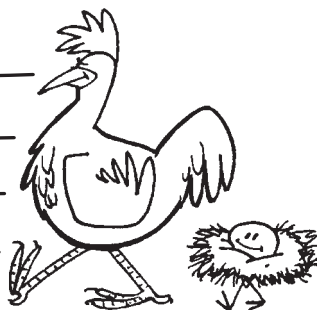
#### MEATS:

- merrbhag hamburger
- tallbaem meatball
- guessaa sausage
- ahm ham



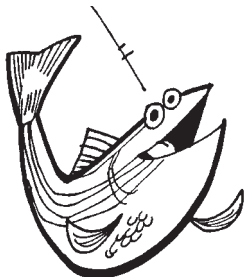
#### POULTRY:

- kiehncc chicken
- uykret turkey
- kudc duck
- sgeg eggs



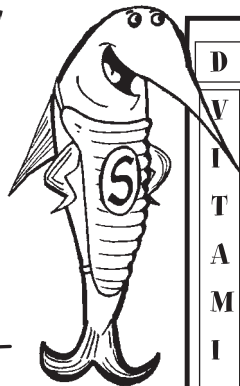
#### FISH:

- nuat tuna
- lasnmo salmon
- rifdwsho swordfish
- botlers lobster



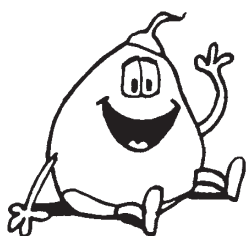
#### LEGUMES (Dry Beans)

- nipt saben pinto beans
- yesosabn soybeans
- fout tofu
- aeustnp peanuts



#### NUTS

- wasceh cashew
- eflusnwro edes sunflower seed
- naldom almond



### PROTEIN POWER!

List 3 ways proteins help our bodies:

1. helps us grow
2. builds tissues, muscles, organs, cells
3. fight infections

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