

Name: _____

Perfectly Puzzling

Directions: All the words in the list below are from the article “Perfectly Delicious” on page 18. See if you can find them all to get a *perfect* score!

WORD LIST:

- antioxidants
- calcium
- fiber
- folate
- “good fat”
- iron
- lutein
- lycopene
- nutrients
- phytoflavonoids
- potassium
- probiotics
- protein
- vitamins

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

BONUS: The list above contains healthy vitamins, minerals, and other nutrients found in some “perfect” foods. Below, under each food featured in the story, write which nutrients it contains. Some can go with more than one of the foods. Can you name which ones?

beans

oatmeal

walnuts

blueberries

pizza

wild Alaskan salmon

dark chocolate

spinach

yogurt