

# Project LUNCH BOX

Seek and find the healthy food choices below

Which are your favorites?

Which ones have you NEVER heard of before?

almonds  
apple  
banana  
beets  
broccoli  
chicken  
figs  
kale  
maple syrup  
orange

cucumber  
dark chocolate  
flaxseeds  
ginger  
kefir  
leafy greens  
lemons  
mushrooms  
pineapple  
radish

salmon  
steelcut oats  
strawberries  
sweet peas  
tofu  
water  
watermelon  
whole grains

b	g	f	g	s	w	e	e	t	p	e	a	s	d	u	o	v	u	b	c	h	i	c	k	e	n	d	e	c	s	i	k	o	p	f	r
e	h	d	s	v	h	u	d	o	i	f	u	p	e	w	r	t	y	h	u	m	i	n	t	b	q	r	e	c	u	o	l	r	t	e	e
e	k	r	t	e	e	i	e	i	n	a	s	a	r	c	v	t	y	n	e	d	a	r	k	c	h	o	c	o	l	a	t	e	g	i	p
t	i	t	e	s	l	g	u	n	e	i	p	k	l	i	t	h	e	r	f	y	u	l	p	e	a	c	n	u	b	e	a	f	r	t	w
s	f	u	e	t	l	y	e	g	a	u	t	d	y	v	n	k	e	f	i	r	m	i	o	s	t	r	v	y	u	a	d	w	a	t	h
s	e	o	l	a	o	o	r	a	p	o	b	r	o	c	c	o	l	i	g	u	r	w	i	e	f	t	i	o	p	s	a	c	q	b	o
b	o	l	c	n	h	o	e	w	p	l	r	e	a	s	y	p	q	g	f	y	u	c	c	o	a	b	g	l	r	t	y	j	w	c	l
w	l	p	u	n	s	l	s	l	r	c	o	i	f	t	w	s	s	a	g	e	u	o	c	o	n	r	e	u	t	w	v	g	m	e	
h	i	w	t	e	p	l	o	p	e	t	p	l	k	o	t	g	y	b	e	a	c	c	s	v	b	a	q	m	x	r	i	h	s	e	g
u	d	e	o	p	m	o	s	t	a	q	u	p	l	e	t	y	b	u	c	i	d	u	a	x	y	t	b	o	n	i	r	f	t	c	r
n	i	r	a	r	s	a	t	h	u	l	o	v	f	l	a	x	s	e	e	d	s	m	l	e	a	e	f	n	d	r	i	o	a	b	a
e	e	c	t	a	d	e	y	o	p	f	t	h	e	c	y	o	p	s	w	q	c	b	m	s	y	t	b	s	m	o	r	f	t	g	i
d	h	y	s	n	a	q	d	r	v	y	n	i	m	e	z	a	o	j	h	y	m	e	o	p	l	w	f	r	t	u	p	o	c	a	n
e	c	u	m	d	a	l	m	o	n	d	s	d	r	m	p	d	e	u	i	f	l	r	n	o	f	a	s	e	r	v	x	a	r	t	s
s	i	s	a	d	i	s	e	r	a	l	i	s	d	u	y	m	e	w	e	s	u	p	g	t	e	v	s	y	h	a	o	m	p	b	d
k	l	a	d	n	a	a	f	c	q	y	o	u	r	s	f	t	p	m	d	r	w	t	i	b	c	x	j	o	a	o	f	r	u	o	p
g	a	r	l	i	c	q	z	x	r	t	y	y	o	h	d	e	r	t	y	o	p	p	y	d	e	s	i	k	p	r	d	r	o	b	d
o	r	h	j	a	u	s	t	y	u	p	s	v	n	r	c	r	w	g	o	h	u	e	r	t	v	s	a	g	d	a	h	y	p	a	i
o	d	u	o	c	s	a	h	l	p	e	d	w	s	o	r	y	p	k	m	f	a	v	r	e	i	f	g	i	s	n	i	o	a	g	e
f	p	o	n	e	e	f	r	h	l	i	l	f	q	o	u	c	w	s	p	t	u	n	m	i	o	a	j	h	r	g	s	d	w	e	a
y	e	n	a	b	n	v	i	p	e	n	n	a	p	m	l	e	f	u	p	b	s	w	q	b	u	i	f	g	m	e	z	f	e	o	w
l	d	b	a	n	a	n	a	d	p	w	q	f	y	s	d	g	i	n	g	e	r	u	v	a	q	r	k	a	l	e	g	t	o	p	e
o	v	m	t	h	a	m	d	e	p	o	i	g	f	r	e	i	k	p	m	e	v	a	w	f	i	l	p	o	u	g	r	a	t	e	
v	r	s	w	d	u	p	l	k	i	u	v	s	t	r	a	w	b	e	r	r	i	e	s	f	t	r	e	w	e	s	c	u	u	j	l
e	w	r	d	s	c	t	r	g	i	e	o	u	n	b	u	c	z	c	r	q	e	i	l	l	e	a	f	y	g	r	e	e	n	s	i
s	c	w	a	t	e	r	m	e	l	o	n	g	n	y	e	r	t	g	r	a	n	o	l	a	i	l	p	e	y	d	e	b	u	m	o
u	y	t	e	s	e	u	c	x	v	u	e	f	q	e	i	c	e	v	n	i	e	d	o	i	r	b	n	p	t	h	i	y	e	r	b
p	e	r	f	t	y	i	b	e	e	s	r	d	r	a	d	i	s	h	y	i	o	o	l	p	r	y	t	w	a	t	e	r	f	g	