



FOODS FOR A STRONG BODY

HERE ARE SOME FOODS THAT ARE GOOD SOURCES OF PROTEIN!
CAN YOU FIND THEM ALL?

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

CHICKEN

MILK

PORK

TOFU

FISH

BEEF

ALMONDS

EGGS

CHICKPEAS

YOGURT

LENTILS