

Australian
ALZHEIMER'S
RESEARCH
Foundation

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

Find these healthy food words in the word search puzzle. Have fun!

ALMONDS
BLUEBERRIES
CASHEWS
EGGS
ORANGES
WATER
YOGURT

APPLES
BROWNRICE
CHEESE
LEMONS
SPINACH
WATERMELON

BANANAS
CARROTS
CRANBERRIES
OATMEAL
TOMATOES
WHOLEGRAINS