

Heart Health Vocabulary Word Search

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Student Name: _____

U G O C P C M U Y I B E G Q L
 B O V N Y S T C L N N H Q O W S Q Q U
 Y F M B G R L R G H D U S Z I T H Y C M X
 N X R E O A Z N O T L Y P Q A U T R O P Y F Z
 W U M E G K N D V R I G C O Q T N E A L R N I P
 Q I S O E A R T A T B X W C T U G G N E O G B W
 D P E A E R 3 F I D S G Q V Y R H D S F C F E O
 B A E N T Z A F J O P D B A K A E J F O E V R W
 A N M F E U W D A B X T P V B T A L A O S T N E
 K Y L I J R R Y I T F I B A B E R E T D S J Z K
 G P V A V C G A M C T Y D E L D T A U E E F U J
 C K W T J D P Y T I A Y O A I F H N C H D Y T T
 N H A H G G K L B E N L A R N A E P K H F E S N
 A O F O T G L C A D E J C F T A R S I O F I
 T L W L J V W V L F R K I J L O R E O X
 C E P E Z I C B A A A F D T T B G D
 C S R G I T U M N T L V H E K Z
 A T W R U A D M C L X Y I F
 C E Q A R M P V E Y O N
 H R E I T I Q C Z F
 S O U N P N Q O
 O L U S S H
 F U P F
 T L



Draw a line through the following words in the puzzle above.

WHOLE GRAINS
~~WHOLE FOOD~~
 FIBER
 LEAN PROTEIN

PROCESSED FOOD
 ENERGY BALANCE
 CHOLESTEROL
 SATURATED FAT

MINERAL
 VITAMIN
 UNSATURATED FAT
 ANTIOXIDANT

TRANS FAT
 OMEGA-3 FATTY ACIDS
 FREE RADICAL
 HEART HEALTHY