

Healthy Foods Word Search

Find all 10 hidden healthy foods.

Difficulty **Easy** ■■■■■

Estimated time ⌚ 2-5 min

Recommended age 5-8 years

Designed for beginning readers.

Puzzle ID HF-E-028

Version 2026.4

Name _____

Date _____

Completed in _____

Every Modern Word Search puzzle follows a published design specification and is individually reviewed before publication.

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

WORDS TO FIND

ALMOND
AVOCADO
BROCCOLI

KALE
LENTIL
OATMEAL

QUINOA
SALMON
SPINACH

YOGURT

Healthy Foods — Answer Key

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

Did you know?

- Leafy green vegetables are often highlighted by nutritionists for their high vitamin and mineral content relative to their calorie count.
- Whole grains retain their bran and germ layers, which is where much of their fiber and nutrient content comes from.
- Fatty fish like salmon are a well-known source of omega-3 fatty acids, linked to heart health in numerous studies.
- Reading a nutrition label carefully, including serving size, is one of the most reliable ways to judge how "healthy" a packaged food actually is.

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