

Healthy Foods Word Search

Find all 15 hidden healthy foods.

Difficulty **Medium** ■■■□□

Estimated time 🕒 7-13 min

Recommended age 9 and up

Suited to confident young readers.

Puzzle ID HF-M-028

Version 2026.4

Name _____

Date _____

Completed in _____

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

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

WORDS TO FIND

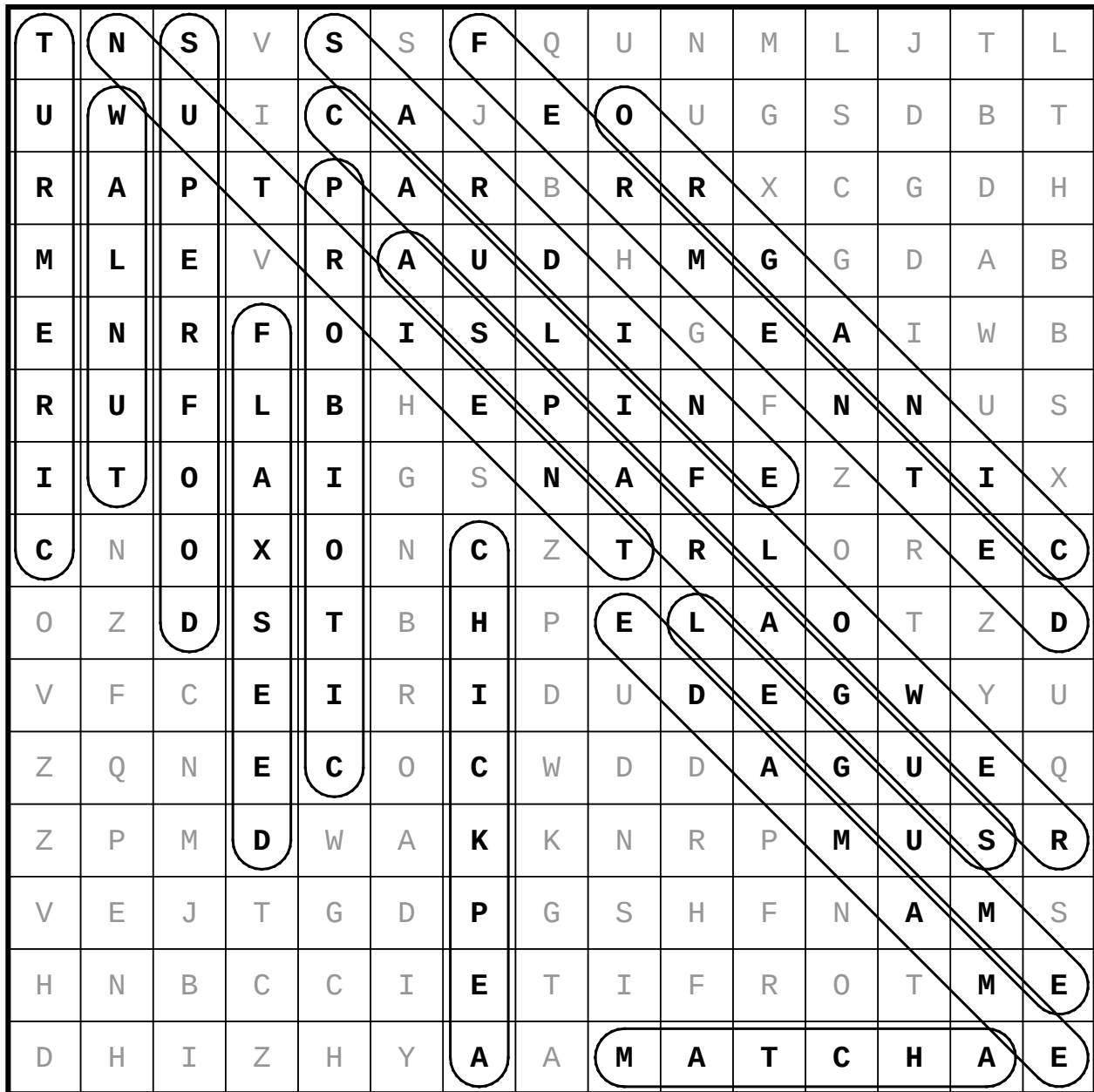
ASPARAGUS
CAULIFLOWER
CHICKPEA
EDAMAME

FERMENTED
FLAXSEED
LEGUME
MATCHA

NUTRIENT
ORGANIC
PROBIOTIC
SARDINE

SUPERFOOD
TURMERIC
WALNUT

Healthy Foods — Answer Key



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.

Discover more printable word searches

www.modernwordsearch.com/food/