Good Food, Good Mood

A Word Search from Keka Rehab Services

Name: _____ Date: _____

Words go across or down. Good luck, and have fun!

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

Find these words:

BANANA
BUTTER
CARROT
CHEESE
HONEY
JUICE
MUFFIN
OATMEAL
ORANGE
PANCAKE
POTATO
SOUP
SPICE
TOAST
YOGURT

Words to Know

What the words mean - and how good food lifts your mood.

BANANA - A soft, sweet fruit that gives energy and helps your muscles.

BUTTER - A rich spread made from cream. A little adds a lot of flavor.

CARROT - A crunchy orange vegetable. Carrots are good for your eyes.

CHEESE - Made from milk, it helps build bones. Small portions are plenty.

HONEY - A sweet gift from bees. It soothes a cough and sweetens tea.

JUICE - The liquid squeezed from fruit. Whole fruit gives you fiber too.

MUFFIN - A small, soft breakfast cake. A warm muffin makes a cozy start.

OATMEAL - Warm cooked oats. A filling breakfast that steadies your morning.

ORANGE - A juicy citrus fruit. Its vitamin C helps your body fight colds.

PANCAKE - A flat cake from a hot pan. Lovely with fresh fruit on top.

POTATO - A filling vegetable. It gives steady energy for busy days.

SOUP - A warm bowl of broth and vegetables. Gentle when appetite is small.

SPICE - Seeds and powders that flavor food. They add taste without salt.

TOAST - Bread browned until crisp. A simple start, lovely with an egg.

YOGURT - A smooth food made from milk. Kind to your stomach and bones.

Three habits for eating well

1. Add color to your plate. Foods of different colors bring different good things to your body.

2. Drink water through the day. Keep a glass nearby, especially with meals.

3. Eat slowly, and share meals. Food with family or friends is good for the mood, too.

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A Word Search from Keka Rehab Services - ANSWER KEY

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

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