

**CCS Healthy Habits Campaign**  
Nutrition and Healthy Choices Word Search

a	y	a	l	e	i	c	a	o	d	a	p	m	t	a	r	e	s
s	o	s	r	y	a	p	r	p	t	e	i	o	a	a	e	a	h
n	g	b	v	r	a	m	r	r	p	l	h	y	t	n	l	r	m
a	u	r	r	r	o	l	u	v	k	l	r	t	e	a	g	a	s
c	r	o	c	e	a	r	a	i	e	e	e	i	d	e	t	o	n
k	t	c	s	b	l	v	a	y	c	g	x	v	h	d	e	o	a
s	i	c	w	w	b	r	c	r	r	l	e	i	c	a	t	y	s
o	i	o	h	a	g	s	e	n	i	r	a	t	c	e	n	r	m
a	i	l	o	r	e	t	s	e	l	o	h	c	a	r	y	r	t
l	b	i	l	t	t	l	u	s	c	r	e	a	o	b	n	e	e
e	y	o	e	s	i	c	r	e	x	e	e	l	t	t	l	b	r
n	o	p	g	c	w	c	s	a	b	a	n	a	n	a	b	e	r
l	c	g	r	i	l	l	e	d	c	h	i	c	k	e	n	u	s
r	e	h	a	o	m	y	p	l	a	t	e	i	d	h	h	l	h
t	e	e	i	h	t	o	o	m	s	a	a	s	f	w	s	b	t
b	r	t	n	a	h	e	a	l	t	h	y	y	i	a	a	a	a
r	b	y	c	r	i	c	c	n	b	o	t	p	i	y	o	o	r
r	b	y	c	r	i	c	c	n	b	o	t	p	i	y	o	o	r

**Words and phrases to find:**

- |       |             |           |                   |            |              |             |                 |            |
|-------|-------------|-----------|-------------------|------------|--------------|-------------|-----------------|------------|
| apple | banana      | nectarine | milk              | smoothie   | whole grains | wheat bread | calcium         | protein    |
| fat   | cholesterol | exercises | physical activity | MyPlate    | healthy      | yogurt      | grilled chicken | vegetables |
| peas  | snacks      | salad     | mango             | strawberry | blueberry    | potato      | broccoli        | carrots    |

What is your favorite healthy food from above? \_\_\_\_\_

Describe your favorite way to eat this food: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_