

Name: _____ Date: _____



Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.

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

food labels cook more often fat grain products whole grain foods vegetables alternatives
 protein pyramid saturated active plate groups meals meat mindful choose labels
 limit well fruit eat live

Canada's Food Guide - Old and New

ANSWER KEY



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

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