

Potato word search

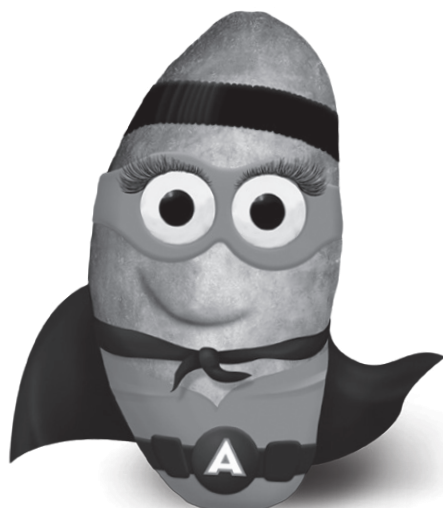
Can you help VitaminA find all these words shown in **capital letters** in the **word search square** below? You can go **across** and **down** in a **straight line**.

POTATOES are a **STARCHY** food. They are **VEG** that are a great source of **CARBOHYDRATES** and should be **EATEN** as part of a **HEALTHY** balanced diet. Carbohydrates are like a **FUEL** for your body, giving you energy and helping to **SUSTAIN** you.

They are **NATURALLY** free of **FATS** and **SUGARS** and full of **TASTY** filling **GOODNESS**. They are rich in **FIBRE** which helps your **FOOD** to travel through your **BODY** and **PROTEIN** which helps to keep you **STRONG**.

SPUDS give you important **VITAMINS** that support your **IMMUNE** system as well as **EYE** and **SKIN** health. They are also a good source of **MINERALS** like **CALCIUM** for your **BONES** and **NAILS**, as well as **POTASSIUM** to support **NORMAL** regular **HEART** function and **IRON** for healthy **BLOOD**.

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



Don't forget to take a snap of your activities and share them with us!

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