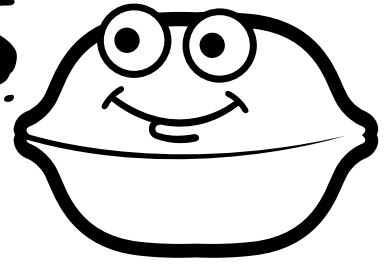


Healthy Activities for Cool Kids – Ages 6-10 .

# Meat and Beans

Eat lean protein to build healthy muscles!



**Instructions:** Find and circle each word.

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

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

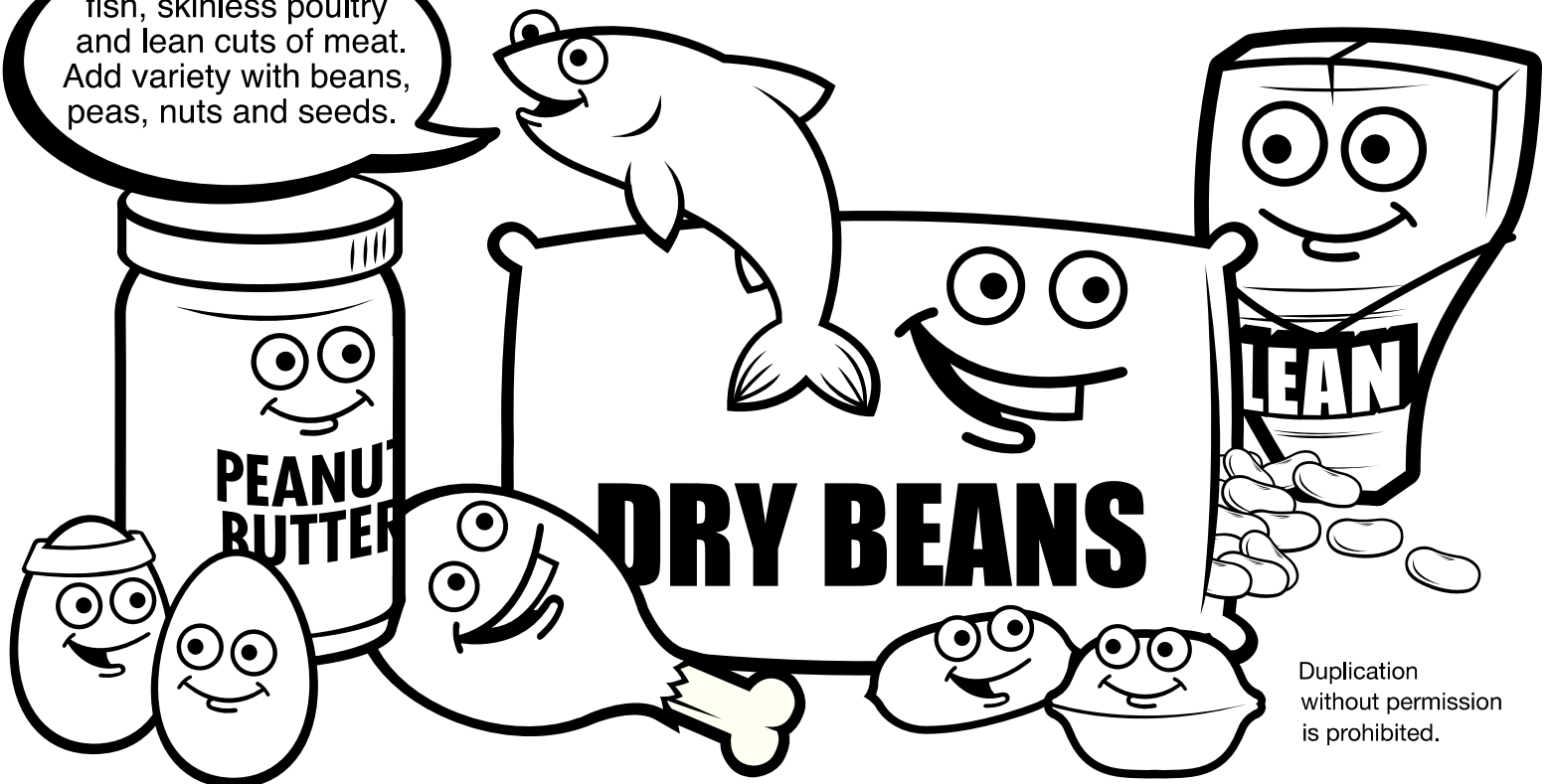
**BEANS  
NUTS**

**SEEDS  
IRON**

**LEAN  
FISH**

**MUSCLE  
HEALTHY**

Choose fish, skinless poultry and lean cuts of meat. Add variety with beans, peas, nuts and seeds.



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