

Healthy Foods

Medium Word Search Puzzle

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

ALMONDS
BANANAS
BROWNRICE
CASHEWS
CRANBERRIES
LEMONS
ORANGES
TOMATOES
WATERMELON
YOGURT

APPLES
BLUEBERRIES
CARROTS
CHEESE
EGGS
OATMEAL
SPINACH
WATER
WHOLEGRAINS

Name: _____

Date: _____

Health and Wellness

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

prescriptions

wellness

hygiene

volunteer

financial

no
smoking

biking

mental

spiritual

reliable

activities

goals

church

exercise

laugh

debt free

eating healthy

hydrate

give back

intellectual

physical

coping

social

pray

therapy

walking

savings

emotional

yoga

swimming

balance

occupational

responsibility

Stress

Name: _____

Health Word Search



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



DOCTOR
BODY
HEART
LUNGS
OXYGEN

VIRUS
BACTERIA
EXERCISE
HOSPITAL
COLD

STRESS
MEDICINE
BLOOD
DISEASE
HYGIENE



Healthy Teeth Word Search

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

TEETH
SMILE
DENTIST
BRUSH
FLOSS
TOOTH PASTE
MOUTH
HEALTHY
CLEAN
CHECKUP
FLUORIDE
GUMS
XRAY
POLISH
SPIT
MOUTHWASH
MOLAR