

Name: _____

Omega-3 foods!

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

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

CHIASEED
FLAXSEED
HAZELNUTS
HERRING
MACKEREL

PRAWN
PRAWNS
PUMPKINSEED
SALMON
SOYBEANS

TUNA
WALNUTS

