Salt)

Word Search Puzzle

See if you can find the high salt foods in the word search. Remember that these are foods that you need to try and limit in your diet.

S X Т K S X R X S Z K Q S G Н Ν K F S D T 0 G Q Е N K E K U X F Q Е S K Е J D В D S X Z Н N U Т S S Е R 0 X Q M R U K S E Z T Q Т Н Е X J K S X P S S S S X K S S S S Z D U Q S Е M

FIND THESE WORDS IN THE WORD SEAR(H PUZZLE

(RISPS

SALT
SODIUM
CRISPS
SALTED NUTS

TINNED SOUPS
TAKEAWAYS
SAUSAGES



NUTS







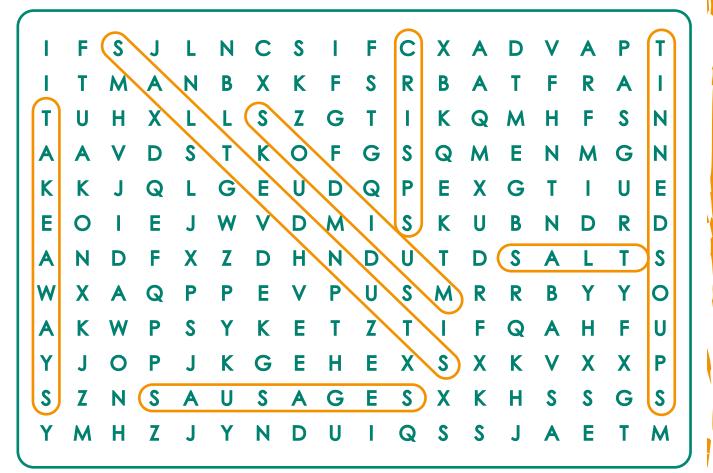


TOMATO

Word Search Puzzle

Answers

Congratulations! You've found all of the high salt foods in the word search. Remember to limit these foods in your diet.



ANSWERS TO THE WORD SEAR(H PUZZLE

SALT SODIUM **CRISPS SALTED NUTS** **TINNED SOUPS TAKEAWAYS SAUSAGES**



SALTED

NUTS





TOMATO