

Healthy Eating and Active Living Word Search

Students investigate physical activity and relate it to personal experience ([Outcome](#)). They also examine internal and external factors that influence food choices and decisions ([Outcome](#)). This word search helps you explore words connected to staying healthy through good nutrition, regular fitness, and activities you enjoy. You will find words about confidence in movement, the cooldown after exercise, the culture and tradition around food, nutrition, hunger cues, and adventurous activities like kayaking ([Knowledge](#), [Knowledge](#), [Knowledge](#)).

How to play

- Find each word hidden in the grid. Words can read left to right, right to left, up and down, or diagonally.
- Circle or highlight the word when you find it.
- Check the word list to see which words you are looking for.

Words to find

- CONFIDENCE
- COOLDOWN
- CULTURE
- FITNESS
- HUNGER
- KAYAKING
- NUTRITION
- TRADITION

Puzzle grid

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

Answer key

- **CONFIDENCE**: row 1, column 6, down
- **COOLDOWN**: row 3, column 9, down
- **CULTURE**: row 1, column 6, across
- **FITNESS**: row 3, column 2, diagonal
- **HUNGER**: row 6, column 4, diagonal
- **KAYAKING**: row 12, column 2, across
- **NUTRITION**: row 5, column 2, across
- **TRADITION**: row 1, column 2, diagonal