

WORD SEARCH...

The following foods help build strong bones and prevent osteoporosis.

BROCCOLI

CHEESE

CHOCOLATE MILK

COTTAGE CHEESE

ICE CREAM

MILK

MILKSHAKE

PIZZA

PUDDING

SMOOTHIES

TOFU

YOGURT

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