



**Jr Chef Club
Delicious Dinners
Lesson 8**

NAME: _____

FAT-FINDING MISSION

Be a detective! Come on this fat-finding mission. Circle and find low-fat and high-fat foods in the scrambled letters. Words go across, up and down and diagonally. After you've found and circled all the words, write them in the lists below where they belong. Some words may overlap and share letters. Good luck, detective!

d c l o t f r u i t s d c
 p h q w r y i p l g m a u
 s i z b a n a n a s n q j
 h p f k l o u y t d f s t
 l s j h g b s q y e r g u
 b v s e l b a t e g e v n
 p l n n k r i g b v h u h
 u h i c g o t f e c d r g
 s z f e w c i q c l t y u
 v h f b j c n k o m s p o
 a w u q c o o k i e s t d
 l a m s j l h d g f a k s
 m m u f f i n g h y t e o

**Low Fat, Low Sugar
Foods to Eat Anytime**

**High Fat, High Sugar Foods
to Eat Only Once-in-a-While**

1. _____
2. _____
3. _____
4. _____
5. _____

1. _____
2. _____
3. _____
4. _____
5. _____

Word Bank: bagels, doughnut, fruits, banana, chips, vegetables, cookies, broccoli, candy, muffin