



**SOLUTION:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



**MONSTER FIND-A-WORD: HEALTH FOODS**

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal a well-known quote from the Ancient Greek physician Hippocrates.

- |                        |                    |                         |                     |
|------------------------|--------------------|-------------------------|---------------------|
| 1. Acai berries        | 16. Chilli pepper  | 31. Green tea           | 46. Pumpkin         |
| 2. Alfalfa sprouts     | 17. Coconut oil    | 32. Hemp seeds          | 47. Romaine lettuce |
| 3. Aloe vera           | 18. Collard greens | 33. Jerusalem artichoke | 48. Rosemary        |
| 4. Apple cider         | 19. Cottage cheese | 34. Kale                | 49. Salmon          |
| 5. Bamboo shoots       | 20. Cranberries    | 35. Kefir               | 50. Seaweed         |
| 6. Bee pollen          | 21. Daikon radish  | 36. Kiwi fruit          | 51. Spinach         |
| 7. Black beans         | 22. Dark chocolate | 37. Kohlrabi            | 52. Spirulina       |
| 8. Blackstrap molasses | 23. Edamame        | 38. Lemon               | 53. Sunflower seeds |
| 9. Blueberries         | 24. Eggplant       | 39. Lentils             | 54. Sweet potatoes  |
| 10. Brussels sprouts   | 25. Eggs           | 40. Maca                | 55. Swiss chard     |
| 11. Cabbage            | 26. Flax seed      | 41. Maple syrup         | 56. Tomato          |
| 12. Cacao              | 27. Garlic         | 42. Nuts                | 57. Turmeric        |
| 13. Cauliflower        | 28. Goji berries   | 43. Oats                | 58. Umeboshi plum   |
| 14. Cherries           | 29. Grapefruit     | 44. Pepitas             | 59. Wheatgrass      |
| 15. Chia seeds         | 30. Greek yogurt   | 45. Pomegranate         | 60. Wild rice       |

**MINDFOOD COLOURING IN**

As you colour, you'll come across hidden treasures. See how many you can find.



**SOLUTIONS:** 1 Anchor, 1 Butterfly, 1 Ladybug

---

---

---

---