Protein Foods

Word Scramble

YRUKTE
SHFI
TUPASEN
IENCKCH
EFEB
NSTILEL
GESG
ABSNE
UTOF

W __ __ V __ P __ O __ __ __ !

Visit www.FoodHero.org to find recipes with protein!

Word Bank
Beans
Beef
Chicken
Eggs
Fish
Lentils
Peanuts
Tofu
Turkey

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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