

NUTRITION: IT'S A MATTER OF FACT

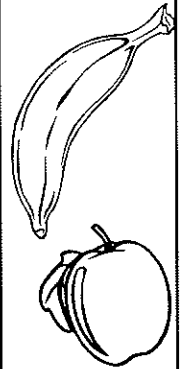
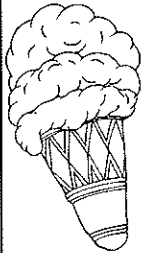
AMERICAN DIETETIC ASSOCIATION
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Nutrition: It's a Matter of Fact National Nutrition Month®

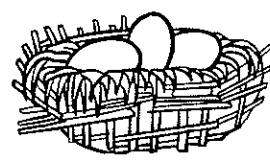
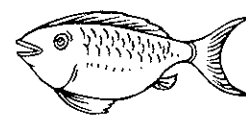
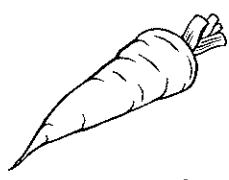
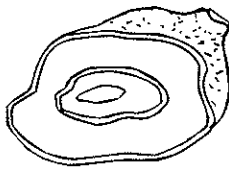
NUTRITION SUDOKU-KIDS

You may have seen Sudoku with numbers, but here's one with food items.
Each horizontal row, vertical column and 3x3 box must contain all nine food words.
The words begin with letters A-I to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Carrot		Egg	Banana	Ice Cream	Date	Fish		Ham
Ice Cream	Grapes	Banana	Fish		Ham	Apple	Date	Egg
Ham		Date	Apple	Grapes		Ice Cream		Carrot
Date	Carrot	Ice Cream	Egg		Apple	Ham		Grapes
Fish		Ham	Ice Cream		Grapes	Banana		Apple
Apple	Banana		Ham	Fish	Carrot	Date	Egg	Ice Cream
Banana	Ice Cream	Carrot	Grapes	Ham		Egg		Date
	Ham		Date	Egg	Banana		Ice Cream	Fish
Egg		Fish	Carrot		Ice Cream	Grapes		Banana



- Apple
- Banana
- Carrot
- Date
- Egg
- Fish
- Grapes
- Ham
- Ice Cream



Egg	Date	Fish	Carrot	Apple	Ice Cream	Grapes	Ham	Banana
Grapes	Ham	Apple	Date	Egg	Banana	Carrot	Ice Cream	Fish
Banana	Ice Cream	Carrot	Grapes	Ham	Fish	Egg	Apple	Date
Apple	Banana	Grapes	Ham	Fish	Carrot	Date	Egg	Ice Cream
Fish	Egg	Ham	Ice Cream	Date	Grapes	Banana	Carrot	Apple
Date	Carrot	Ice Cream	Banana	Apple	Ham	Fish	Grapes	Egg
Ham	Fish	Date	Apple	Grapes	Ice Cream	Banana	Carrot	Egg
Ice Cream	Grapes	Banana	Carrot	Ham	Date	Apple	Egg	Ice Cream
Carrot	Apple	Egg	Banana	Ice Cream	Date	Fish	Grapes	Ham