



Tomato Word Find

Find the following words related to the health benefits of tomatoes. Look vertically, horizontally, diagonally, forward and backward.

- ANTICANCER
- CALCIUM
- FAT FREE
- FIBER
- FOLATE
- HEART DISEASE
- LOWER CHOLESTEROL
- LOW SODIUM
- LYCOPENE
- NIACIN
- PHENYLALANINE
- POTASSIUM
- VITAMINA
- VITAMINC

*For extra credit, write a sentence for each word detailing how it is related to the health benefits of tomatoes. Research online using keywords like “tomato” and “health benefits.”

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