

# MEAT & BEANS WORD GAME\*

In this puzzle there are 20 words relating to the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts. You may work horizontally or vertically. You may use the same letter twice.

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

\*Source: Adapted from "Heart Healthy Snack Choices", Cornell Cooperative Extension, Nassau County

## Answers to Meat Word Game

Simmer  
Ham  
Fish  
Chicken  
Beans  
Peanut Butter  
Chops  
Stew  
Roast  
Lamb

Beef  
Custard  
Fried  
Egg  
Omelette  
Curried  
Tuna  
Salmon  
Broil  
Pork