

Wordsearch

Can you find the 12 carbohydrates below?

B	R	P	O	R	R	I	D	G	E	W	P	B
N	G	S	B	A	E	G	E	P	D	R	A	L
I	S	R	E	C	I	R	O	W	B	H	R	L
A	P	A	R	E	P	S	L	R	L	P	C	O
R	A	L	L	D	T	A	E	H	O	I	O	R
G	G	C	E	R	E	A	L	T	L	T	U	D
E	H	O	T	W	D	U	S	C	T	T	S	A
L	E	T	C	R	A	E	R	D	Y	A	C	E
O	T	D	O	A	T	O	B	A	W	B	O	R
H	T	I	U	A	E	B	T	W	U	R	U	B
W	I	A	T	S	R	S	U	H	E	E	S	S
B	L	O	B	B	A	G	E	L	R	A	E	W
A	P	G	H	P	P	S	O	U	C	D	L	U

Bagel
Bread
Bread Roll

Cereal
CousCous
Pasta

Pitta bread
Porridge
Potatoes

Rice
Spaghetti
Whole Grain

Choose higher fibre wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes. Starchy foods are a good source of energy.