

Wordsearch

Can you find the 12 food that are high in fat below?

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

Biscuits
Butter
Cakes

Chocolate
Crisps
Doughnuts

Ghee
Ice cream
Ketchup

Muffins
Sugary drinks
Sweets

They're not needed in our diet, so should be eaten less often and in smaller amounts.