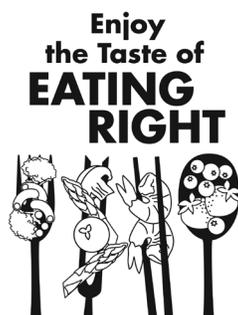


Nutrition Sudoku for Kids

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 K-S to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Lentil		Parsley	Quinoa		Rice	Milk	Kiwi	Salmon
	Kiwi		Lentil	Parsley	Milk	Nuts		Quinoa
Quinoa		Oatmeal		Kiwi	Nuts		Rice	Parsley
Salmon	Quinoa		Nuts			Kiwi	Parsley	
		Nuts	Milk	Quinoa	Kiwi	Rice	Salmon	Oatmeal
Oatmeal	Rice	Kiwi		Salmon			Nuts	Milk
Kiwi		Lentil	Rice	Milk	Salmon	Parsley	Quinoa	
	Salmon	Quinoa	Kiwi		Parsley	Oatmeal		Rice
Nuts	Parsely	Rice	Oatmeal	Lentil	Quinoa	Salmon	Milk	Kiwi

- K** – Kiwi
- L** – Lentil
- M** – Milk
- N** – Nuts
- O** – Oatmeal
- P** – Parsley
- Q** – Quinoa
- R** – Rice
- S** – Salmon



Don't Look Yet!
These Are the Sudoku Answers:

K	W	S	O	T	O	R	P	N
R	T	O	P	N	K	O	S	W
N	O	P	S	W	R	T	O	K
W	N	O	T	S	P	K	R	O
O	S	R	K	O	W	N	T	P
T	P	K	O	R	N	W	O	S
P	R	T	N	S	O	W	O	O
O	R	N	O	P	M	W	S	R
S	K	S	W	R	O	R	M	K