

Name: _____ Date: _____ Period: _____

legumes nuts and seeds

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

watermelon seeds
chickpea
pepitas
peanut
walnut
flax
hemp

sunflower seeds
hazelnut
cashews
almond
pecan
pine
nuts

flower seeds
pumpkin
legumes
sesame
poppy
chia

pistachio
filbert
brazil
acorns
seeds
fava