

NAME _____ CLASS _____ PERIOD _____

Phats

Find the words listed below in the word search. After all the words are found, the letters that are not used reveal a hidden message at the bottom of this sheet.

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

CIS
FATTY ACIDS
MEATS
PLANTS

CRYSTAL
LARD
OLIVE OIL
TRIACYLGLYCEROL

EMULSIFIER
LINOLEIC ACID
ORGANIC
SEAFOOD

ESTER BOND
LIPID
POLYUNSATURATED
STEARIC ACID

HIDDEN MESSAGE: We should _____
_____, _____
_____.

Solution to Phats

S E A T A D L P V A R T I E T
 L T Y O F I A O F R U R I E T
 S I E V E C T L G E T I A S B
 L S P A E A S Y S A N A D T G
 S R T I R C Y U A I N C S E D
 O I A N D I R N I L Y Y E R +
 + R C + A E C S + + + L M B S
 + + G + + L + A + + + G U O E
 + + + A + O P T C + + L L N A
 + + + + N N + U + I + Y S D F
 S T A E M I + R + + D C I + O
 + + + + + L C A + + + E F + O
 S D I C A Y T T A F + R I + D
 + + + R L I O E V I L O E + +
 + + D + + + + D + + + L R + +

(Over, Down, Direction)

CIS (3, 7, NW)

EMULSIFIER (13, 6, S)

FATTY ACIDS (10, 13, W)

LINOLEIC ACID (6, 12, N)

MEATS (5, 11, W)

ORGANIC (1, 6, SE)

POLYUNSATURATED (8, 1, S)

STEARIC ACID (1, 1, SE)

CRYSTAL (7, 7, N)

ESTER BOND (14, 2, S)

LARD (6, 12, SW)

LIPID (1, 2, SE)

OLIVE OIL (12, 14, W)

PLANTS (7, 9, NW)

SEAFOOD (15, 7, S)

TRIACYLGLYCEROL (12, 1, S)

HIDDEN MESSAGE:

We should eat a variety of fruits, vegetables, and grains daily.