

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

Oatmeal	Quinoa		Oatmeal		Shrimp	Peanut		
	Shrimp			Peanut				Quinoa
	Milk	Lime		Kale			Radish	
Lime					Radish	Kale		Nectarine
	Nectarine	Radish	Lime		Oatmeal			
Quinoa			Kale			Lime	Oatmeal	
Nectarine	Radish	Peanut		Oatmeal	Lime	Quinoa	Milk	
Milk		Oatmeal		Nectarine				Shrimp
		Quinoa		Radish	Peanut		Nectarine	

- K** = Kale
- L** = Lime
- M** = Milk
- N** = Nectarine
- O** = Oatmeal
- P** = Peanut
- Q** = Quinoa
- R** = Radish
- S** = Shrimp



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

L	N	O	P	R	M	Q	K	S
S	P	R	K	N	Q	O	L	M
K	M	Q	L	O	S	P	R	N
R	O	L	N	M	K	S	P	Q
P	Q	M	O	S	L	R	N	K
N	S	K	R	Q	P	M	O	L
O	R	S	Q	K	N	L	M	P
Q	L	N	M	P	O	K	S	R
M	K	P	S	L	R	N	Q	O