

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

Orange		Turkey	Veggies		Walnuts	Pepper	Noodles	Quince
	Noodles		Orange	Turkey	Pepper	Rice		Veggies
Veggies		Squash		Noodles	Rice		Walnuts	Turkey
Quince	Veggies		Rice			Noodles	Turkey	
		Rice	Pepper	Veggies	Noodles	Walnuts	Quince	Squash
Squash	Walnuts	Noodles		Quince			Rice	Pepper
Noodles		Orange	Walnuts	Pepper		Turkey	Veggies	
		Veggies	Noodles		Turkey	Squash		Walnuts
Rice		Walnuts	Squash	Orange		Quince		Noodles

N - Noodles

**O** – **O**range

P - Pepper

**Q – Q**uince

R - Rice

S - Squash

**3** – **3**quasi

T - TurkeyV - Veggies

**W – W**alnuts



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

N	d	Q	٨	0	S	W	Τ	В
W	0	S	Τ	В	N	Λ	Q	d
Я	٨	Ι	Ø	В	W	0	S	N
d	В	٨	0	Ø	Τ	N	W	S
S	Q	W	N	٨	d	В	0	Ι
0	1	Ν	S	W	В	d	٨	Q
I	W	0	В	N	Q	S	d	٨
Λ	S	Я	d	Τ	0	Ø	N	W
Ø	N	d	W	S	٨	Ī	Я	0