



Protein

Protein is essential for growth, repair and maintenance of good health.

Can you find excellent sources of protein to promote repair and recovery for swimmers in the word search?



ALMONDS
CHICKEN
FISH
YOGURT

BEEF
CHICKPEAS
MILK

CHEESE
EGGS
SALMON

Find the word in the puzzle.

Words can go in any direction.

Words can share letters as they cross over each other.