Farm Sudoku

Solve these puzzles by filling them in so that no picture is repeated in a row, a column, or a square. You can draw the pictures in or just use the numbers that go with each picture.

Food Group Sudoku

Find Your Way To Good Nutrition

Find the way out of the maze below by knowing which food choices are healthy or unhealthy. Start in the center of the maze. Draw a line through the paths from the start to the exit. For every healthy food you go through give yourself 5 points. For every unhealthy food you go through subtract 2 points.

Healthy Food Choices

Unhealthy Food Choices

Number of Healthy Food choices \( \times 5 = \) Healthy Points

Number of Unhealthy Food choices \( \times 2 = \) Unhealthy Points

Your Score! \( \text{Healthy Points} - \text{Unhealthy Points} = \text{Total Score} \)

How did you do? We make good healthy food choices and get a total score of 18 points. If you got our score let us know! Email: eatandhealthynutriti.org