

ENERGY BOOST

When you're wondering what to eat that will fuel your body AND help you stay fit, think lean beef. It's packed with nutrients that help you feel and look good—and it's satisfying and delicious!



WORD FIND

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

- Beef
- Healthy
- Safety
- Eat
- Iron
- Steak
- Energy
- Nutrition
- Vitamins
- Hamburger
- Protein
- Zinc
- Recipes

The unused letters from the **Word Find** above create a hidden message:

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BEEF!

