

BIOACTIVE WORD SEARCH



Bioactives can have some pretty tricky names — hard to say and even harder to spell! See if you can spot these tongue-twisting bioactives hiding in our fruits, vegetables, and in this find-a-word!

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



Tick the words off as you find them.

- ☐ PROANTHOCYANIDINS
- ☐ GLUCOSINOLATES
- ☐ SULFORAPHANES
- ☐ ISOFLAVONES
- ☐ FLAVONIDS
- ☐ FLAVANOLS
- ☐ FLAVONOLS
- ☐ LIGNANS
- ☐ CANTHAXANTHIN
- ☐ ANTHOCYANINS
- ☐ POLYPHENOLS
- ☐ STILBENES
- ☐ LUTEIN
- ☐ ZEAXANTHIN
- ☐ CAROTENOIDS

