

Older Child participation in folding and cutting the book:

ND Mini book is a two sided 8.5 x 11 document. When printed, page 1 will be located on the back of the ND Cover. Keeping the ND Cover in the right hand corner at all times, fold three times as shown below. Cut along folds on the top and right sides ONLY! DO NOT CUT left fold (backbone). Open book to center page (Word Search) and staple on fold.

WORD SEARCH

Great detectives recognize nutritious foods and make them an important part of their daily diets.

V P A T F I G S T B J

G E M O R A N G E R A

O A G S U C A R R O T

D C L E I L O V E C O

H H P L T O A T S C M

C E A P S A V F R O A

A S R P N Q B S I L T

N F S A T G E L C I O

I F L K A L E R E M E

P P E A S H T B W S S

S C Y N U T S J A M I

J U I C E P L U S + A

APPLES

ORANGE

PEACHES

CARROT

PARSLEY

BEETS

KALE

BROCCOLI

SPINACH

TOMATOES

OATS

RICE

VEGETABLES

FRUITS

PEAS

FIGS

NUTS

FOR YOUR EYES ONLY

Developed by Drs. David & Catherine Katz, to teach children how to read nutrition labels, what to look for, and how to select the most nutritious foods.

This information is available through an unrestricted educational grant from

Juice PLUS

Developer of a whole food concentrate containing 17 fruits, vegetables & grains. To learn more about how your child (age 6-15) can get 17 fruits & veggies everyday for FREE

Please contact:

GET CLUED IN...  
...TO HEALTH!

Certified Nutrition Detective

NUTRITION DETECTIVES  
TOGETHER WE CAN MAKE A DIFFERENCE

Developed by:  
Dr. David Katz, MD  
Yale University &  
Catherine Katz, Ph.D.

Sponsored by:  
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CLUE #3

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Pre-Assemble books before demonstration:

ND Mini book is a two sided 8.5 x 11 document. When printed, page 1 will be located on the back of the ND Cover. Using a paper cutter or scissors, cut page into fourths, as indicated by cut lines below. Assemble the booklet as shown below, and fold. Open book to center page (Word Search) and staple on fold.

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(Rev. 016 JM)