

Alberta Potatoes

Potatoes are a healthy addition to any meal! They are full of potassium, vitamins and energy giving complex carbohydrates.

Complete this word find and discover many varieties of potatoes and some of the health benefits they offer!!

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

PGA
Yukon Gold
Milva
Red Viking
mashed
Mozart
Russian Blue
irrigate
tuber
soil
potassium
boiled

potatoes
Norkotah
banana
All red
baked
Charlotte
Sangre
hills
hills
healthy
yellow
chips

good carbs
Bintji
fingerling
Chieftain
hashbrowns
Burbank
Satina
plants
harvest
nutritious
red

Russett
Purple Viking
Candy Cane
french fries
Vivaldi
Verona
Adora
spuds
eyes
vitamin c
fiber