



Name \_\_\_\_\_

### Fermented Foods Word Search

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

Kimchi  
 Sauerkraut  
 Kombucha  
 Miso  
 Kefir

Yogurt  
 Tempeh  
 Natto  
 Pickles  
 Fermented tofu

Sourdough  
 Kvass  
 Fermented carrots  
 Coconut kefir  
 Lassi

