

Name: \_\_\_\_\_

# All the foods we need to succeed

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

carbohydrates  
saturated  
chicken  
celery  
dairy  
milk

un-saturated  
chocolate  
protein  
tomato  
fruit

pomegranate  
broccoli  
carrots  
orange  
rice

strawberry  
peppers  
salmon  
pasta  
cake

vegetables  
yoghurt  
potato  
sugar  
fats