

# CFC20 healthy eating for families and children

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

healthy eating  
balanced  
carrots  
protein  
pasta  
fish

vegetables  
vitamins  
chicken  
starchy  
vegan  
food

vegetarian  
yoghurts  
dietary  
cheese  
eggs  
meat

religious  
allergy  
portion  
bread  
fats  
milk