

Name: _____

Date: _____

Eating Well

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

carbohydrates
diabetes
chicken
salad
vegan
diet

kilojoules
vitamins
legumes
sugar
water
fat

vegetables
proteins
balance
fruit
fish

nutrition
insects
grains
fibre
salt