

Eating for the under-5's in childcare

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

PHYSICALLY ACTIVE
 BREAST MILK
 VITAMIND
 PROTEIN
 GROWTH
 MEAT

HEALTHY EATING.
 DEVELOPMENT
 VITAMINC
 POULTRY
 WATER
 IRON

SOCIAL SKILLS
 VEGETABLES
 VITAMINB
 FRUITS
 FIBRE

FORMULA MILK
 NUTRIENTS
 CALCIUM
 ENERGY
 FISH