

Name: _____

Date: _____

Eatwell Guide

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

unsaturated
saturated
ffrwyth
sugar
dwr

wholegrain
balanced
pulses
fibre
cig

hydration
protein
pysgod
melyn

nutrition
llysiau
llaeth
bara