

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

Date: \_\_\_\_\_

# Good Eating Habit for Families

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

BALANCE DIET  
FAMILIES  
HEALTHY  
TALKING  
LUNCH  
MENU

BREAKFAST  
SHOPPING  
KITCHEN  
DINNER  
TABLE

JUNK FOOD  
CATCHUP  
MANNERS  
EATING  
HOME

LOW SUGAR  
COOKING  
SITTING  
HABITS  
MEAL