

Name: _____

Date: _____

Good Health

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

maintain healthy weight
limit saturated fats
Eat three meals
ChooseMyPlate
Food Groups
Low sodium
Calcium
Fruits

limit large servings
no high sugar drinks
Healthy snacks
whole grains
high fiber
olive oil
butter
Dinner

read nutrition label
Physical activity
Balanced diet
drink water
Vegetables
Breakfast
Grains
Lunch