

Name: _____

Date: _____

HEALTHY EATING

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

ingredients

vegetables

breakfast

lean meat

nutrition

compost

cooking

flavour

hygiene

recipes

recycle

yoghurt

cheese

dinner

health

safety

fruit

lunch

seeds

waste

eggs

fish

food

milk

nuts