

Name: _____

Date: _____

HEALTHY LIFE

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

BRUSSE SPROUTS
BROCOLLI
ALMONDS
ORANGE
FRUIT
RICE

STRAWBERRIES
CHICKEN
CARROTS
GRAINS
WATER
MEAT

WATERMELON
PROTEIN
AVOCADO
BREAD
BEANS
PEAS

CHOCOLATE
YOGHURT
BANANA
DAIRY
DATES
MILK