

Name: _____

Date: _____

Health

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

healthful diet
exercise
variety
weight
bmi

food pyramid
calories
disease
grains

proportions
activity
balance
dairy

vegetables
protein
fruits
meals