

Name: _____

Date: _____

Healthy Diet

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

Brown Bread

Eggplant

Lettuce

Salad

Apple

Cauliflower

Broccoli

Raisins

Beans

Peas

Mushrooms

Chicken

Onions

Water

Milk