

Name: _____

Date: _____

Healthy Eating

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

carbohydrate
exercise
carrots
sprouts
steak

dragonfruit
potatoes
oranges
apples
sugar

mushrooms
vitamins
protein
onions
kiwi

broccoli
bananas
spinach
fibre
tofu