

Name: _____

Date: _____

Healthy Eating

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

Carbohydrate

broccoli

cheese

mango

bread

meat

cauliflower

potatoes

grapes

apple

Fruit

fish

watermelon

pumpkin

banana

beans

nuts

Fats

Vegetables

Protein

orange

water

milk

pineapple

cereal

juice

grain

peas