

Name: _____

Date: _____

Healthy Eating

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

chick peas

bananas

lentils

protein

spinach

apples

pepper

pulses

beans

bread

pasta

salad

eggs

fish

meat