

Name: _____

Date: _____

Healthy Eating

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

Carbohydrates

Increase

Protein

Fibre

Salt

Vegetables

Eatwell

Eating

Fruit

Fat

Calories

Healthy

Reduce

Sugar