

Name: _____

Date: _____

Healthy Eating

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

VEGETABLES	NUTRIENTS	BREAKFAST	MINERALS	CALORIES
VITAMINS	BALANCED	VARIETY	PROTEIN	PORTION
HEALTHY	ENERGY	GRAINS	FIBRE	WATER
SALAD	DAIRY	FRUIT	OILS	OATS
FISH	MEAT			