

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Healthy Eating Crossword

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

carbohydrate	dehydration	breakfast	minerals
vitamins	calcium	protein	repair
energy	dinner	lunch	water
fibre	fuel	fats	