

Name: _____

Date: _____

Healthy Eating

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

Minerals
Cheese
Sugar
Milk

Vitamins
Banana
Apple

Oranges
Grapes
Meat