

Name: _____

Date: _____

Healthy Eating

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

french fries
protein
dairy
water
oils

whole grains
healthy
pasta
sugar
milk

vegetables
eating
bread
fruit
food