

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

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

# Healthy Eating

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

Carbohydrates  
vitamins  
protein  
fats

Nutrition  
balanced  
energy  
Diet

minerals  
healthy  
dairy