

Name: _____

Date: _____

Healthy Eating

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

Moderation

Calories

Orange

Apple

Vegetables

Exercise

Fruit

Food

Important

Healthy

Heart

Body