

Name: _____

Date: _____

Healthy Eating for Teenagers

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

CARBOHYDRATE
NUTRITION
HYGIENE
HEALTH
YEAST
ZINC

CORDON BLEU
CALORIES
ORGANIC
LIQUID
DIET

VEGETABLES
CALCIUM
ENERGY
SNACK
FOOD

DIGESTION
FERMENT
GROWTH
WATER
IRON