

Name: _____

Date: _____

Healthy Foods

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

wholemeal bread
vitamins
fruits
pasta
fish
oils

carbohydrates
Proteins
salad
quorn
meat
milk

vegetables
cheese
dairy
eggs
fats
rice